

Factfile

Category
Scoring Goals

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
2m x 5m - 5m x 10m

Number of Players
4

Time Per Game
5 - 10 minutes

Objective
To score baskets in a
competitive game.

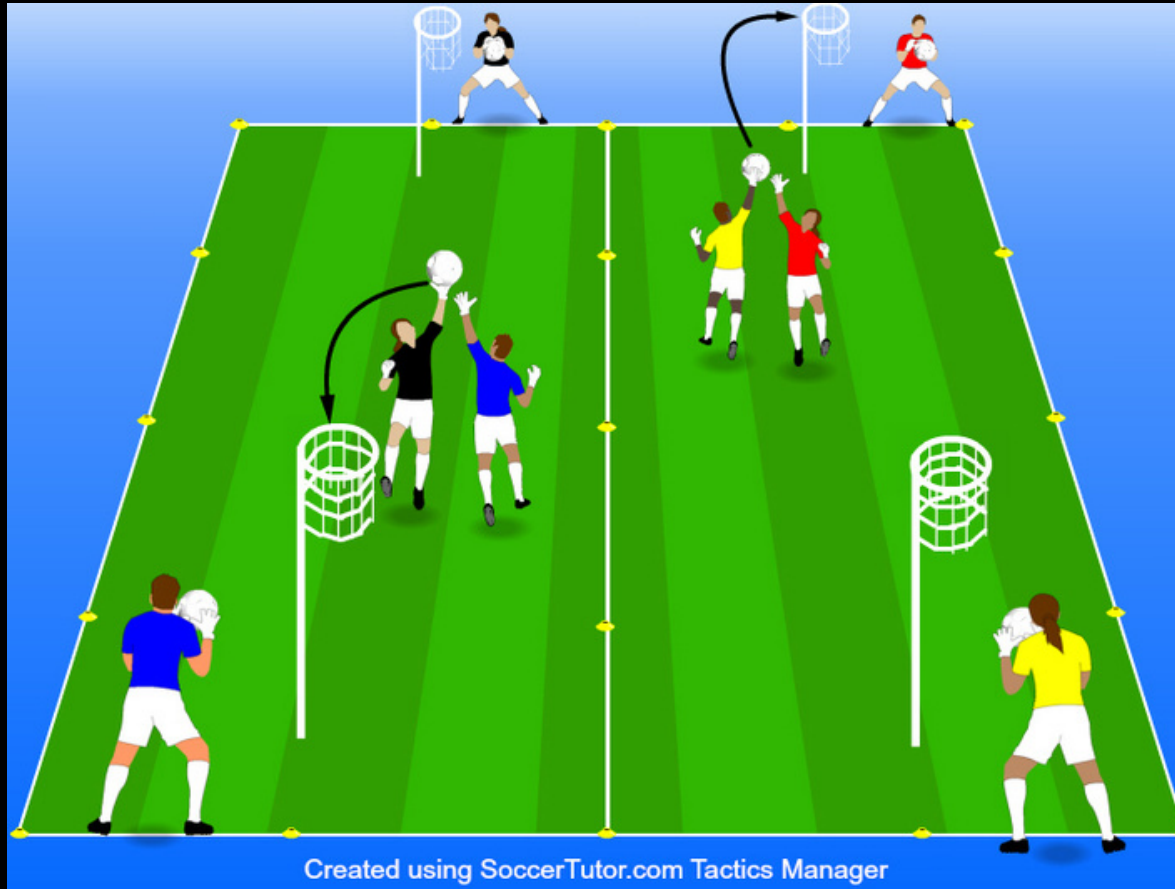
Equipment

- 19 Marker Cones
- 4 Post and Nets
- 6 Balls

Safety Tips

- Hold hands out in front with fingers stretched out wide and not forwards (to protect your fingers).
- Consider softer balls for less confident players.

24) 2v2 Net Shooting



Tips For Success

- Follow through when shooting for accuracy and to guide the shot's pace.
- Collect spare balls quickly so you can resupply the next player.
- Be ready to go straight after your opponent has scored to maintain the intensity.

Independent Personalisation

- If the shot from distance is too far out, let them take that shot closer in.
- Keep the intensity high so that successful players get tired quickly.
- Have a more and less confident player in the same pair.



Rules

- Play a 1v1 shooting game. A player with the ball must bounce it every 2 steps.
- A player scores 1 point by hitting the rim with a shot and 2 points if the ball goes in the hoop.
- When the ball enters the hoop, the waiting player (with a spare ball) replaces their partner and shoots from distance.
- If they miss, they dribble with another ball from the goal line. If they score, they become a defender as their opponent is replaced.