Hoops For Heart Event Ideas

**Beginning Players**
- **Stations** - Set up stations with six to eight students at each station.
- **Dribbling** - Have players dribble around cones, between their legs or do speed dribbling.
- **Passing** - Have students make two lines and pass to one another. Set goals, i.e., how many passes in a row. Do both bounce and chest passes.
- **Give-N-Go** - Set up two lines and have students practice a give-n-go drill at a small basket.
- **Slam Dunk** - Using a low hoop, have the players do dunks. Award them for skill, creativity and impact.
- **Shooting** - Place tape on the floor in five different locations around the basket. Have students shoot from each of the spots. They can rotate to the different locations.

**Games for all age groups and abilities**
- **Musical Lay-Ups (EVERYONE’S FAVORITE)**
  Like the musical chairs idea, you blow the whistle and kids go to choice of two goals and make a lay-up, then they return to the chairs. Each time, you remove 1 or 2 chairs until the winner was determined. As students are eliminated in this, they move to the 3rd goal to shoot around so no one is left sitting out. Chairs are lined up in straight line with one forward, next backwards, and so on. They are on an angle to the basketball goals being used for shooting lay ups.
  P.S. First time around, don’t remove any chairs so everyone gets the experience of winning.
- **Wacky Relays**
  Dribble b-ball down to cone while keeping balloon in the air tapping with other hand. (NOT EASY!) Dribble b-ball down to cone, pick up wiffle bat, place forehead on standing bat and turn a circle 3 times (like they do at the minor league games) before dribbling back to start. Dribble b-ball down to cone, must eat & swallow “Fiery Cheeto” or a “Very Old & Sour Gummy Worm” before dribbling back. (Placed paper plate with edibles on floor behind the cone)
- **Scooter Basketball**
  Use the stage area for this. Kids are on scooters and shoot into a “little tykes” bball goal. Two goals were placed at either end of a taped off area to resemble a “court”. They placed PVC pipe at edge of stage to prevent an accidental roll off exit from the stage.
- **Hot-Shot!** - In this game, two students start in the middle of the court. At the sound of the start whistle, the students race to opposite ends of the court and shoot from designated spots. Baskets are worth the point value of the given spot. After a pre-determined time limit, the student with the most points wins!

**Shooting Games**
- **Fire Away!** - Set up three arc areas around a basket. Each arc has a different point value. Shooters have 60 seconds to score as many points as possible. They need to retrieve their own ball after every shot. Shooters need to be behind the line completely on the release to get the point value. A scorekeeper and timer are needed.
- **Quick Shot** - Place five basketballs at the top of each of two basketball racks. Place each rack on either side of the foul line. Each student has 30 seconds to shoot the basketballs on the rack.
• **Speed Shoot** - Have four or five students make a line behind each side of the foul line, one basketball for each line. The first in line shoots, rebounds and passes the ball to the next in his/her line. Record who makes the most number of baskets in two minutes.

**Skill Games**

• **Around the Body** - Rotate the ball around the body. Start with the head, then go around the waist and legs, then reverse the procedure.

• **Around Each Ankle** - Rotate the ball around each ankle. Rotate the ball in a figure eight around the ankles in continuous motion.

• **Dribble Around the Legs** - Dribble the ball around and through the legs in a figure-eight motion.

• **Quick Hands** - Start in regular basketball stance with the legs shoulder-width apart. Hold the ball slightly in front of the body with both hands. Toss the ball slightly upward and between the legs to behind the body. Quickly bring the hands around behind the knees and catch the ball before it hits the floor. Repeat in the opposite direction and catch the ball in front of the knees. Repeat as quickly as possible while maintaining control.

• **Four Hands** - Position the ball the same as Quick Hands, but hold the ball between the knees. One hand is in front of the ball; the other is in back behind the knees on the ball. Slightly toss the ball in the air and reverse the hands to the opposite knee. (Hand in front moves to the back, hand in back moves to the front.)

• **Crossover Dribble** - The participant pushes the ball so that it rebounds across in front of the body to the opposite hand and repeats the motion every five dribbles. Change direction from a right to left diagonal each time you change hands.

• **One Knee, Both Knees, and Sitting-Down Dribble** - The participant begins with a regular dribble, moves to a low-control dribble, then to one knee, both knees, and then sits down. Next the participant tries to stand up again without losing control.

• **Team Passes** - Arrange the team in a circle. Have members practice a variety of passes, i.e., chest pass, one-hand pass, bounce pass, and behind-the-back pass. Each participant tries to be innovative about the kind of pass they use.

**Available Event Formats**

Hoops for Heart participants sign up in teams or individually and collect donations for any of the following:

**Make it a Tournament** - Hold during lunch and the team that wins plays the coaches and staff at a game held the last hour of school right before a break. Students who want to watch can get out too but have to pay to attend. Have a free throw contest during the final game. Have the cheerleaders and band there too. Have students put together their teams and pay an entry fee to get in the tournament. Students who don’t put a team together can attend but have to pay at least a $1. Final game is played between faculty and student team. Faculty can have several teams as well with an entry fee and playoff.

**Three-on-Three or Five-on-Five Tournaments** - This is the schoolyard classic: three-on-three or five-on-five basketball. Teams can be male, female or coed, as long as both teams are evenly divided. Play up to 11 or 21 points, depending on the time available.

**Three-Point Shooting Contest** - How good are your long shots? Players score as many baskets as possible from beyond the three-point line during a specified time period. Baskets may count one or three points. Players retrieve their own balls. The player with the highest point total wins!
**Free-Throw-Shooting Contests** - Have students hold a free throw contest between the grade levels for a day during each PE class. Keep a tally board with a running total so as each class comes in, they know if the 6th graders are beating the 8th graders, etc. Have different shooting, free throw or basketball contests—a different one each day and then announce the individual winners at the end of the week during an assembly for the school or at a school dance.

**Other Ideas:**

1. **Hot Shot Blitz** - Put numbers on the floor around the gym. Give each student 1-2 minutes to shoot from anywhere on the court and tally his/her score. Each number on the court is worth a different number of points. You can have the second person in line be the scorekeeper for the shooter.

2. **Knock Out Challenge** - Have the students line up in a single file line in front of the basket. Give a basketball to the first two students in line. The first person tries to make a basket—if he/she makes it, then they go to the end of the line and the next player shoots. If the person does NOT make the basket, then the first person is out and the second person goes to the end of the line. Play until there is only one student left.

3. **Slam Dunk Contest** - Lower the backboard so students can jump up and touch the hoop. Have students serve as scorekeepers, ranking each of the shots. Have each of the students try three slam dunks and the best score of the three will be recorded.

4. **Fun Shooting Games** - Backwards free throw shooting. Have students spin in a circle for a count of ten and then shoot. Have students shut their eyes and shoot.

5. **Wheel of Fortune** - Set up the court like a hotshot blitz. Each spot on the floor is given a corresponding color or number. Have students line up in front of the baskets with their team. Use a Twister spinner to determine where the first person from each of the teams will shoot from. The person gets one try to make the basket. If they make it, their team gets the corresponding number of points. Give teams a color designation and use corresponding colored poster board to record the team's score. Turn the spinner again and the next player goes until time is up or until each member of the team has had the opportunity to play.

6. **Musical Chairs** - Put chairs in the center of your gym in a circle. Have students dribble the basketball around the circle of chairs until the music stops. Each student then tries to make a basket. While they are shooting, remove one chair. When the student makes the basket, they try to find an empty chair and sit down.

7. **Dribbling Relays** - Set up cones and see how many times they can dribble around the cones in two minutes. Divide the class into teams and see which team can go the most times around the cones. Have a dribbling relay where the students are divided into two teams. The first two people from each team are participating in the relay. The first person dribbles twice and then passes the ball back to the first person. The rule is that people must be next to each other.

8. **Class vs. Class Tournament** - Let's say 7th and 8th graders are the ones participating in HFH. Those two grades then compete in their own tournament. Points are graded both on points scored as well as dollars raised (figure out a system that would be most equal to your own situation). The winning class then will play a game vs. their teachers/faculty.

9. **Top Gun!** - Three to four people shoot as a team for eight minutes. Each student has a ball and the entire team shoots at the same time and can shoot from anywhere. Use a score keeper to count the number of baskets made.