

Name/Title: Basketball Shooting Stations

Purpose of Event: To practice shooting a basketball in fun different ways.

Prerequisites: Prior practice in proper shooting form (B.E.E.F. or whatever else you teach for form). Also, prior practice in passing and dribbling would be good.

Suggested Grade Level: 6-8

Materials Needed: Ideally 6 basketball hoops, 4 mats, 5 long jump ropes, 5 cones, 15 polypots, 22 basketballs.

Description of Idea

Students will be split into 6 groups to rotate between shooting stations. If your gym does not have 6 hoops, you can tape spots on the wall to shoot at or sub stations for passing/dribbling/fitness stations. Make up fun names for the stations involving teachers/mascots/aspects of your school.

Station 1:

Scatter polypots around a basketball hoop. Students can pick a spot that they want to try and shoot from. If they make the shot, they remove that spot to a bucket. If you have colored spots or different shapes, make the ones farther out worth more points for a challenge. See if the group can remove all of the spots as a group.

Station 2:

Stack mats up on their ends scattered in front of a hoop. Students take their first shot from a spot behind the mats. If the ball does not go in, they must shoot from wherever their ball lands which can make for challenging shots with the mats.

Station 3:

Cones are staggered leading away from the hoop. Students start at the back of the cones and dribble between the cones and then shoot a lay up. Get your rebound and give the ball to the next student in line.

Station 4:

Lay down 5 long jump ropes parallel with the free throw line starting close to the hoop spaced out a few feet each. Students take a shot behind the first rope. If you make it, you move to the next rope back. If you miss, you try again from the same rope. Try to get all the way to the back rope.

Station 5:

Stagger polypots in a zig zag formation leading away from the hoop. Each student stands on a spot. The student on the far spot passed the basketball to the student down the line, they pass it

to the next person and so on until it gets to the last student on the spot. They take a shot at the hoop. The student who shot then starts at the back spot and the other students move to the spot that they had just passed to.

Station 6:

First student shoots from behind the free throw line. If they make it, the next student shoots. If they miss it, they run to get the rebound and stop where they grab the ball. The other students line up behind that student in a row towards the basket. They pass the ball over their heads to the next person until the ball gets to the last student and that student shoots at the hoop.

Variations:

Add a cardio station or two to make it more fitness oriented.

Assessment Ideas:

Have the students check off each others form using a basketball shooting cue sheet.

Submitted by **Ryan McKinney** who teaches at Concordia Creative Learning Academy in St. Paul, MN. Additional authors for this idea were Chad Coleman. Thanks for contributing to PE Central! **Posted on PEC: 1/31/2011.**

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