

“Crazy Team Shooting Session”



Situation

Your team/the club needs some fun, as well as a bit of shooting practice.

Mission

Teamwork, and playing to strengths. Mainly to have a laugh though..

Execution

Set-up:

Teams of around 6, each with a post and a ball.

1. Teams compete against each other to be the first to complete a list of shots. Each person in the team is responsible for completing one shot and one shot only, so they must pick wisely who attempts what.

2. Teams can attempt this however they want, in whatever order, as long as they get each of the shots in eventually. A person can have as many goes as they want to complete it.

4. If you have a lot of people, you can increase the team numbers above 6 up to 9. In this case, 3 of the team complete as many weak/strong hand passes between two lines as possible.

3. The first team to finish wins and gets a point/prize. You can repeat it with the same or different shots. If repeating, don't let the same people do the same shots to keep it interesting.

5. When team A finishes its shots, Team B has to stop passing. When team B finishes, C stops. When C finishes, A stops etc. The team with the highest number of passes wins.

The shots I use:

Normal Ones

- Penalty
- Runner
- Veer
- Drop Off
- 4m shot
- 8m shot

Fun Ones

- Blind Penalty
- Backwards Penalty
- One-Hand Runner
- One-Leg Runner
- Shot that goes up through the basket first.
- Crazy Long Shot

Progression:

Make a session of the game by doing additional challenges for the teams, such as passing races, Over/Under races, and that one where you veer in and out of people til your line gets to the other side of the hall. Yep, that one.
Finish with some games – Standard.