



100 BASKETBALL ACTIVITIES



ALL WITH VIDEO

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This material was designed to help you have a better use and development in your classes, with activities ready and also amenable to adaptations according to the age group and objectives of the class.

All the activities exposed here are only suggestions for you to apply in your classes, it should be noted that many of them are not our own, we only gather them here for you. Thus, **we are not responsible** for any planning error or even in the applications of the same. As has been quoted, these are just suggestions. So, it is up to you, as a professional, to choose and apply the activities according to your reality and your planning.

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1. Dribble Labyrinth

Objective: To improve ball control and dribbling ability in basketball, working on the change of direction and agility of the players.

Description: In this activity, students will be challenged to dribble through a maze formed by cones. The teacher will establish a specific course, with curves and obstacles, that the students must go through dribbling the ball. The goal is to drive the ball with precision, dribbling around the cones and performing smooth and fast changes of direction. This activity aims to develop dribbling technique, motor coordination and the ability to make quick decisions during the game of basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/FP1wnkj4Ag0>

2. Dribble with Accessories

Objective: To improve the control of the ball and the dribble ability of the students, using accessories such as bows or sticks to direct the movement of the ball.

Description: In this activity, students will practice dribbling using accessories such as bows or sticks. The teacher will establish different configurations with the accessories, such as circles, squares or lines, and the students must dribble the ball following the path defined by these accessories. The goal is to develop ball control, motor coordination and the ability to make precise movements while dribbling. In addition, the accessories help to stimulate the creativity of the students, as they will have to adapt to the different challenges proposed. This activity contributes to the improvement of the dribble and the movement of the students in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/ul91sCT38J4>

VIDEO ACTIVITY: <https://youtu.be/KJ0MCCQ1JEY>

5. Domain with Motion Accessory

Objective: To improve ball control with the dribble, using an accessory as a movement reference determined by the teacher.

Description: In this exercise, the student will use an accessory, such as a cone or bat, as a movement reference during ball control with the dribble. The teacher will determine the movement to be performed by the student, such as deviating from the accessory, spinning around it, or making specific direction changes. The goal is for the student to perform the movement requested by the teacher while maintaining control of the ball with the dribble. This activity aims to develop ball mastery, motor coordination and the ability to follow specific instructions during dribbling. By using the accessory as a reference, the student improves his ability to control the ball in different situations and movements, improving his technique and accuracy.

VIDEO ACTIVITY: <https://youtube.com/shorts/vcYSyg-mys>

6. Accurate Flick and Throw

Objective: To perfect the technique of feint, making changes of direction, and finish with a precise throw, at a distance determined by the teacher.

Description: In this exercise, the student will work on the ability to execute feint with change of direction followed by a precise throw. The teacher will determine the type of feint to be performed, such as a side feint, a crossover feint, or a reverse feint. After performing the feint, the student must quickly adjust his position and make a throw, seeking to hit the target determined by the teacher. The distance of the throw may vary according to the student's skill level and progress. The goal is to improve the feint technique, the ability to change direction quickly and efficiently, as well as develop an

accurate pitch in game situations. This activity works on motor coordination, ball control and quick decision making, providing a complete practice for the development of fundamental skills in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/FOHJwtlzATI>

7. Ball Mastery with Passage Between the Legs

Objective: To improve ball mastery and motor coordination, performing passes between the legs using accessories as a reference.

Description: In this exercise, the student will work on ball mastery while performing passes between the legs, using accessories as a reference for movement. The teacher will coordinate the exercise, indicating the time and direction in which the student should pass the ball between the legs. Accessories, such as cones or sticks, are positioned in such a way as to create a challenging trajectory for the pass between the legs. The student must dribble the ball with control and, when indicated by the teacher, perform the pass, directing the ball between the legs and recovering it on the other side. The goal is to improve ball mastery skills and motor coordination, developing the ability to make accurate and efficient passes between the legs in game situations. In addition, exercise also helps to improve body control and concentration during the execution of the movements. It is a dynamic and fun activity that provides a complete workout for the improvement of fundamental skills in basketball.

VIDEO ACTIVITY: https://youtu.be/ItQ_C2AbNmk

8. Juggling Balls in Basketball

Objective: To develop ball control in basketball using two balls simultaneously, one of standard size and the other smaller, following the movements determined by the teacher.

Description: In this exercise, the student will improve ball control in basketball by working with two balls simultaneously. With one hand, he will bounce the standard basketball, while with the other hand he handles a smaller ball. The movements of the smaller ball are determined by the teacher, who can indicate different trajectories, such as passing over, under or around the body, performing spins or throws. The student should maintain control of the basketball while performing the movements with the smaller ball, focusing on hand coordination and fluidity of movements. The goal is to develop the ability to manipulate two balls at the same time, improving manual dexterity, balance and concentration. In addition, the exercise also contributes to the improvement of ball mastery and familiarization with different types of manipulation, which can be useful in game situations. It is a challenging and fun activity that encourages the student to expand their basketball skills.

VIDEO ACTIVITY: <https://youtube.com/shorts/HymPXwLffcw>

9. Dribble Without Looking

Goal: Develop ball control and spatial awareness, dribbling the ball without looking down, just looking forward. The movements are predetermined by the teacher.

Description: In this exercise, the main focus is to improve the dribble without losing sight of the surrounding environment. The student will perform the dribbling movements without looking at the ball, keeping her gaze always forward. The teacher predetermines the movements that the student must perform, such as changes of direction, feints, lateral displacements, among others. The idea is to challenge the student to develop precise and confident ball control, relying on her tact and sensitivity to dribble without the need to look at the ball. This promotes greater spatial awareness and the ability to anticipate and react to stimuli from the game environment. In addition, exercise also helps improve peripheral vision and quick decision making. It is

a challenging activity that leads the student to overcome the visual dependence on the ball and to develop skills to dribble with confidence and awareness in game situations.

VIDEO ACTIVITY: <https://youtu.be/fHojKBlk3so>

10. Exercise for: Strength and Stability

Description: In this exercise, the student performs a footprint with the bar positioned behind the body. This exercise is known as a "reverse footprint" or "supine grip." Supine grip involves holding the bar with your palms facing upwards and your hands positioned closer to each other.

Goal:

- Develop the strength of the muscles of the back, arms and forearms.
- Improve stability and body balance during exercise.
- Strengthen the core muscles, including the abdomen and lower back.

Benefits:

- Increased strength and endurance of the muscles of the back and arms.
- Improved stability and body posture.
- Strengthening of the core, contributing to the stability of the trunk.
- Direct application in basketball, strengthening the muscles needed for throws, passes and defensive movements.

Observations: It is important to perform the exercise with the correct technique and progressively increase the load according to the student's ability. It is recommended to have the supervision of a qualified professional to ensure the safety and proper execution of the exercise.

Always remember to respect your body's limits, and if you experience any discomfort or pain while performing the exercise, stop immediately and consult a health professional.

VIDEO ACTIVITY: <https://youtube.com/shorts/776XZJ35vfl>

11. Dribbling Challenge on the Court

Objective: To improve the movement on the court using dribbles with high balls, feints, changes of direction and finish with the throw.

Description: In this exercise, the goal is to work on the displacement on the court, improving the skills of dribbling, feints, changes of direction and finishing with the throw. The teacher defines the arrangement of the obstacles and the path to be traveled by the student. The student starts the exercise from a starting point, using dribbles with high balls to move around the court. During the course, the student must perform feints, simulating actions of deceiving a defender, and make changes of direction, streamlining the movement and confusing the opponent. Upon getting close to the basket, the student finishes the exercise with a precise throw. The variation of the positions of the obstacles and the definition of the path to be traveled by the student help to develop the ability to react quickly to game situations and improve the control of the ball in different scenarios. In addition, the exercise also contributes to the strengthening of motor coordination, the improvement of ball mastery in challenging situations and the improvement of throwing technique.

VIDEO ACTIVITY: <https://youtube.com/shorts/19GqtAtiA14>

12. Push the Cone

Objective: Improve the displacement on the court, while performing different types of bounce with the ball and pushing a cone forward.

Description: In this exercise, the goal is to work on the displacement on the court, along with the control of the ball and the movement of pushing a cone. The student starts with the basketball, performing different types of bounce as he moves around the court. It can be explored the high bounce, the low bounce, the bounce between the legs, among others. As the student moves, he must push a cone forward, using his free hand. The cone may be positioned at some distance initially, and the student must take it to a new position as it moves around the court. This action of pushing the cone adds an additional challenge as it requires balance, coordination and precision in the movements. The teacher can determine different movement patterns, such as zig-zag, round trip, or even the creation of a course with additional obstacles. This exercise contributes to the improvement of ball control, motor coordination, balance and the ability to react to different situations during the movement on the court. In addition, it promotes concentration and quick decision-making, fundamental characteristics in basketball.

VIDEO ACTIVITY: <https://youtu.be/bu811ZpMArY>

13. Pitch with Resistance

Objective: To develop the agility and accuracy of the pitch, using resistance to increase the challenge.

Description: In this exercise, the focus is to improve the student's agility during throwing, in addition to working on accuracy and endurance. For this, you can use a rubber band or other form of resistance attached to the basketball basket. The student positions himself at a certain distance from the basket and performs a series of quick movements, such as lateral runs, jumps and changes of direction, gradually approaching the basket. While performing these movements, the elastic band creates additional resistance, making it difficult to throw. The student must maintain focus, proper technique and accuracy of the pitch even in the face of the challenge imposed

by resistance. The teacher can define different movement patterns and resistance intensities, according to the student's skill level and conditioning. This exercise contributes to the development of agility, improvement of throwing technique, physical and mental endurance, as well as strengthening the ability to concentrate and make quick decisions during challenging situations in the game of basketball.

VIDEO ACTIVITY: <https://youtu.be/0m84Ywkr0TE>

14. Pitching Game in the Old Woman's Game

Goal: Strengthen the shot in basketball while playing the classic game of the old.

Description: This fun game combines the learning of shooting in basketball with the traditional game of the old. The goal is to strengthen the pitching of the participants as they play the game of the old. The game is played as follows:

1. Mount an old lady's game board on the floor or on a wall, using duct tape or any other available material.
2. Divide the participants into two teams, each representing a symbol of the old lady's game (X or O).
3. Set an appropriate distance for the throw, considering the age and ability of the participants.
4. Each time a participant hits a shot in the basket, he will have the right to place his symbol (X or O) in one of the positions of the board.
5. Participants must alternate between throwing and placing their symbols on the board.
6. The goal is to form a straight, diagonal or vertical line with the symbols of the same team, just like in the game of the traditional old one.

7. The team that manages to form a line first is the winner.

This game encourages the practice of shooting in basketball, since only those who hit the basket have the right to put their symbol on the board. Participants will have the opportunity to hone their pitch while having fun playing the game of old. In addition, the game promotes healthy competition, quick decision-making, and teamwork. It's a fun and engaging way to teach and strengthen the foundation of shooting in basketball.

VIDEO ACTIVITY: <https://youtu.be/nCi2vbWS8Po>

15. Obstacle Challenge in Basketball

Objective: Develop skills of dribbling, feints, changes of direction, movement around the court and control of the bounce of the ball, in a complete exercise.

Description: In this challenge, the student will have to overcome a series of obstacles predetermined by the teacher, performing different fundamental movements of basketball. The goal is to develop the skills of dribbling, feints, changes of direction, movement around the court and control of the bounce of the ball, in a single exercise.

The challenge is carried out as follows:

1. The teacher organizes a sequence of obstacles, such as cones, sticks, obstacles of varying height, among others, along the court.
2. The student starts the challenge in the starting position, with the ball in hand.
3. From the command of the teacher, the student starts the course, dribbling the ball while overcoming each obstacle.
4. During the course, the student must perform feints, changes of direction, move around the court and control the bounce of the ball, according to the instructions of the teacher.

5. The goal is to complete the course in the shortest possible time, without making mistakes in the movements and fundamentals of basketball.

6. The teacher can time the student's time and set performance goals to encourage personal overcoming.

This challenge covers several important aspects of basketball, such as ball control, agility, coordination, making quick decisions and adapting to different situations. By combining different movements and fundamentals into a single exercise, students have the opportunity to hone their skills in a comprehensive and challenging way. In addition, the challenge promotes concentration, determination and overcoming individual limits. It is a dynamic and fun activity that contributes to the overall development of students in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/lephrrSlyK0>

16. Basketball Move and Throw Challenge

Objective: To improve the displacement with ball control and preparation for the throw, through movements of displacement and change of direction.

Description: In this challenge, students will be challenged to hone their displacement skills with ball control and perfect their preparation for the throw. The exercise is carried out as follows:

1. The teacher organizes a series of obstacles on the court, such as cones, sticks, obstacles of varying height, among others.
2. The teacher determines the order of the movements that the students must perform to overcome the obstacles.
3. Students start the challenge in the starting position, with the ball in hand.

4. From the command of the teacher, the students begin to move around the court, dribbling the ball and overcoming the obstacles according to the pre-established sequence.
5. During the commute, students must make changes of direction, accelerate or decelerate according to the teacher's instructions.
6. Upon getting close to the throwing area, students prepare for the pitch by executing the fundamentals correctly, such as foot positioning, body alignment and following the teacher's throwing guidelines.
7. The goal is to overcome obstacles with agility, maintain control of the ball and make an accurate throw at the end of the course.
8. The teacher can time students' time, provide individualized feedback, and set performance goals to encourage continuous improvement.

This challenge aims to develop students' ability to move with ball control, perform efficient direction changes and prepare properly for throwing. By combining shifting movements, dribbling and throwing into a single exercise, students improve their motor coordination, agility and quick decision-making in the context of basketball. In addition, the challenge stimulates concentration, overcoming obstacles and teamwork, promoting a dynamic and motivating learning environment.

VIDEO ACTIVITY: https://youtube.com/shorts/elqeFDtx_Ns

17. Ball Dominance with Bounce in Basketball

Objective: To improve ball mastery in basketball by training to bounce the ball at different heights and using the non-dominant hand to perform movements during the low bounce.



Description: In this training, the focus is to develop ball mastery in basketball, improving the ability to bounce the ball accurately and control it in different situations. The exercise is carried out as follows:

1. Students position themselves on the court, each with a basketball.
2. The teacher instructs the students to bounce the ball on the ground, starting with low bounces.
3. Students practice the low bounce, keeping the ball close to the ground and controlling the return time of the ball.
4. During the low bounce, students are challenged to use the non-dominant hand to perform additional movements, such as spinning the ball or touching the leg, to develop coordination and control of the ball.
5. After mastering the low bounce, students move on to the high bounce, where the ball is bounced with more force and height.
6. Students alternate between low and high bounces, practicing the smooth transition between the two.
7. Throughout the workout, the teacher provides individual guidance and corrections, emphasizing the importance of ball control, proper posture, and the use of the non-dominant hand to create additional challenges.
8. The training can be adapted by adding lateral displacement movements, changes of direction or combinations of low and high bounces, to increase the difficulty and variety of game situations.

This training aims to develop ball mastery in basketball, enhancing students' ability to bounce the ball with control and precision. By practicing different bounce heights and using the non-dominant hand for additional movements during the low bounce, students develop motor coordination, ambidexterity, and the ability to react quickly in

game situations. In addition, training stimulates concentration, focus and persistence, essential characteristics for success in basketball.

VIDEO ACTIVITY: <https://youtu.be/LlzyxfrS4kk>

18. Displacement and Dribble with Cones in Basketball

Objective: To improve the displacement and dribbling in basketball, using cones as a reference for the students' movements.

Description: In this exercise, the focus is to develop the ability to move and improve the dribble in basketball, using cones as a reference for the students' movements. The exercise is carried out as follows:

1. Arrange two rows of cones on the basketball court, spaced equidistantly.
2. Students position themselves at the beginning of one of the rows of cones.
3. The teacher instructs the students to dribble the basketball and move toward the cones, keeping control of the ball.
4. Students dribble the ball as they advance through the row of cones, performing dribbling movements between the cones.
5. Upon reaching the last cone in the row, students change direction and move to the opposite row of cones, continuing to dribble the ball.
6. Students repeat the exercise, dribbling the ball between the cones in both rows, practicing changes of direction and maintaining control of the ball throughout the course.
7. The teacher can vary the distance between the cones, the speed of the displacement or introduce movements of feints and changes of direction to increase the challenge and complexity of the exercise.

8. Throughout the training, the teacher provides individual guidance, correcting the dribbling technique, encouraging ball control and proper posture.

This exercise aims to improve displacement and dribbling in basketball, using cones as a reference for students' movements. By dribbling the ball and moving between the cones, students develop motor coordination, agility, reaction speed and ball control. In addition, the exercise encourages teamwork, communication, and quick decision-making during changes of direction. It is a dynamic and fun activity that promotes the improvement of the fundamental skills of basketball.

VIDEO ACTIVITY: https://youtube.com/shorts/enuj_kZSbsQ

19. Doubles Work for Approach and Pitch in Basketball

Objective: To develop approach to the basket, lateral passing, movement, pass reception and shooting in a double activity.

Description: In this double activity, the goal is to improve the approach to the basket, the lateral pass, the movement, the reception of the pass and the shot in the basketball. The exercise is carried out as follows:

1. Organize students into pairs by positioning themselves on opposite sides of the basketball court.
2. The teacher determines the order of movements for each player in the pair.
3. The first player approaches the basket by dribbling the ball toward the area near the basket.
4. As the first player approaches the basket, the second player moves laterally on the court, looking to position himself in a favorable position to receive the pass.

5. The first player performs a lateral pass to the second player, who must receive it and position himself for the throw.
6. The second player makes the shot toward the basket.
7. After the throw, the players switch roles, and the second player proceeds to approach the basket, while the first player moves laterally to receive the pass.
8. The exercise continues, with players alternating their roles and repeating the movements of approaching, passing, moving, receiving, and throwing.
9. The teacher can vary the distance from the approach to the basket, the speed of the exercise and the complexity of the movements to challenge the players and promote the development of their skills.
10. During the training, the teacher provides individual orientations, correcting the approach technique, the pass, the movement and the throwing, aiming at the technical and tactical improvement of the players.

This duo activity aims to develop approach to the basket, lateral passing, movement, pass reception and shooting in basketball. When working in pairs, players practice coordination with each other, communication, quick decision making, and precise execution of movements. In addition, the activity promotes teamwork, understanding of the different roles in the game and the ability to adapt to game situations. It is a challenging and fun activity that contributes to the development of the fundamental skills of basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/lyelvYZqxNg>

20. Cone Commuting Training in Basketball

Objective: To improve the movement of athletes in key points of the game, using cones as a reference.



Description: In this exercise, the teacher demonstrates all the movement on the court, using strategically positioned cones to mark the movements. The goal is to train the movement of athletes at key points of the game, developing their agility, speed and ability to position themselves correctly. The exercise is carried out as follows:

1. Position the cones on the court, creating different reference points that represent game situations, such as moving to receive a pass, moving to throw, or changing direction to dribble an opponent.
2. The teacher demonstrates the movements, performing the displacement in a fluid and precise way, following the cones as guides.
3. Students carefully observe the teacher's demonstration, paying attention to the movements, positioning of the feet and correct use of the cones as a reference.
4. After the demonstration, the students practice the same movements, following the cones and performing the displacement according to the teacher's instructions.
5. The teacher provides individualized feedback, correcting the displacement technique, body posture and coordination of movements.
6. The exercise is repeated several times, allowing students to hone their scrolling skill and become familiar with the different key points of the game represented by the cones.
7. As students gain confidence and improve their performance, the teacher can increase the complexity of the exercise by adding more cones or creating more challenging movement sequences.
8. It is important for students to practice both offensive displacement, such as receiving passes and positioning themselves to throw, and defensive displacement, such as moving to keep up with the opponent and intercept passes.

3. Start with the low bounce, instructing students to bounce the ball closer to the ground by crouching slightly as they touch the ball to the ground.
4. Then introduce the high bounce, in which students must bounce the ball at a greater height, keeping the ball in check as they move around the court.
5. Combine these movements with feints practice, guiding students to perform quick, deceptive moves to dribble an imaginary opponent.
6. After the feints, students must execute a throw, applying the ball mastery and motor coordination previously learned.
7. The teacher can determine the order and intensity of the movements, gradually increasing the level of difficulty as the students progress.
8. It is important that the teacher observes and provides individualized feedback, correcting the bounce technique of the ball, body posture, accuracy in throwing and the effectiveness of feints.
9. The exercise can be repeated several times, allowing students to practice and perfect their movements.
10. At the end of the activity, promote a group discussion for students to share their experiences, challenges and improvements perceived during the training.
11. Reinforce the importance of ball mastery, motor coordination, and agility in the game of basketball by encouraging students to practice these fundamentals regularly.

The ball mastery training with variation of bounces is an activity that aims to develop the ability of students to control the ball in different game situations. By working with low and high bounces, students improve their motor coordination and agility, adapting to the demands of the game. In addition, the inclusion of feints and throws provides the opportunity to apply these skills in realistic game situations. The role of the teacher is key, providing feedback and guidance to improve students' technique and

encouraging them to practice regularly to achieve greater mastery of the ball. With consistent practice of these exercises, students will hone their ball mastery skill, becoming more confident and efficient in their plays during a basketball game.

VIDEO ACTIVITY: <https://youtu.be/oL1d6LwlPtw>

22. Getting around with Ball Jump

Objective: To develop the ability to move with ball control, improving the bounce and motor coordination of students.

Description: In this activity, students will work the displacement in conjunction with the ball bounce in order to improve their ability to control and motor coordination. The goal is to bounce the ball as they travel to a mark determined by the teacher. The exercise is carried out as follows:

1. Position the cones or mark specific areas on the court, determining the distance students should travel with the bouncing ball.
2. Explain to students that they will move around the court as they bounce the ball, keeping it in check throughout the course.
3. Instruct them to start the move by bouncing the ball in a steady, controlled manner.
4. The teacher can stimulate variations in pace by asking students to speed up or slow down the speed of the move while maintaining control of the ball.
5. Students should focus on keeping the ball bouncing in a consistent and controlled manner using the proper bounce techniques.
6. The teacher can determine the distance to be covered or create different challenges, such as obstacles to be circumvented or changes of direction.



Description: In this exercise, students will work together to improve defensive movement. The goal is to create a cohesive and efficient defense, using a rubber band to promote the synchrony of movements. The exercise is carried out as follows:

1. Divide students into pairs, with each pair attached to a rubber band.
2. Explain to students that they will represent the defense and that the rubber band will promote movement together.
3. Position yourself in a spot on the court as the "striker" and have a ball in hand.
4. Instruct students to maintain a proper distance from each other, always keeping the tension in the elastic.
5. Start moving around the court, simulating passing or dribbling actions.
6. Students, as advocates, must react quickly to the "attacker's" actions by moving together and maintaining the correct distance.
7. During the exercise, emphasize the importance of communication between students, encouraging them to communicate and exchange information about the "attacker's" movement.
8. The goal is to work on the synchrony of defensive movements, encouraging students to move together toward the passed ball or the player with possession of the ball.
9. Perform different variations of moves, such as quick passes, dribbling, or changes of direction, to challenge students and improve their ability to react together.
10. After a few minutes of training, pause for feedback, highlighting the strengths of defensive drive together and providing guidance for improvement.
11. Continue practicing the exercise, allowing students to become familiar with moving together and enhance their collective defense.

4. During the exercise, students should focus on keeping the balls bouncing at a steady, controlled pace.

5. After a few minutes, introduce different moves to challenge the students. For instance:

- Lateral Movement: Students walk sideways on the court while bouncing balls.
- Forward and backward movement: Students move back and forth, keeping track of the balls.
- Change of direction: Students change the direction of movement while continuing to bounce the balls.

6. Encourage students to experiment with different variations by combining the movements and practicing coordination between the two hands.

7. During the exercise, provide individualized feedback to students, highlighting strengths and offering guidance for improvement.

8. Foster a healthy challenging environment by encouraging students to push their limits and hone their ball control skills.

9. At the end of the activity, perform a stretching session to relax the muscles and avoid injury.

10. Hold a brief group discussion where students can share their experiences and learn from peers.

11. Repeat the exercise regularly so students can gradually improve their ball control with the high and low bounce.

The exercise of Ball Control with High and Low Quique has as its main objective to develop the ball control of the students, especially in the variations of high and low bounce. By practicing with two balls simultaneously, students are challenged to

coordinate the movements of their hands, improving dexterity and motor control skill. The introduction of different movements during the exercise allows students to practice ball control in more dynamic situations, simulating common movements in a basketball match. Regular practice of this exercise will help students hone their ball mastery, making them more confident and skilled in the game.

VIDEO ACTIVITY: <https://youtube.com/shorts/bB2kVma852g>

25. Displacement and Throwing with Obstacles

Objective: Improve the movement with the ball and the throw, using obstacles to add challenges and develop specific skills.

Description: In this exercise, students will work the displacement with the ball and the throw, using obstacles such as arcs on the ground. The goal is to develop motor coordination, agility and precision in moving and throwing movements. The exercise is carried out as follows:

1. The teacher will trace a path on the ground, using arches or other obstacles, to indicate the path that the students should follow.
2. Each student will receive a basketball.
3. Students begin the exercise positioned at a starting point, next to the first arch.
4. The teacher determines the order of movement, indicating to the students the path they should follow, moving with the ball along the path traced.
5. During the displacement, students must dribble the ball properly, performing dribbling movements according to the needs of the course.
6. Upon reaching close to the arch, students must perform a turn around the obstacle before proceeding.

26. Ball Control with the Wall

Objective: To develop ball control and the ability to hit the ball against the wall, in different variations.

Description: In this exercise, students will practice ball control using the wall as a training partner. The goal is to improve touch on the ball, motor coordination and the ability to manipulate the ball in different situations. The exercise is carried out as follows:

1. Each student receives a basketball.
2. Position yourself in front of a wall, with enough room to move around.
3. Start the exercise with a simple touch on the ball, throwing it toward the wall and receiving it back with your hands.
4. As students feel more comfortable, increase the intensity of the touch by throwing the ball harder into the wall so that it returns with greater speed.
5. Vary the height of the touch on the ball, alternating between low bounces and higher throws, challenging students to adapt and adjust their technique according to the situation.
6. After practicing different variations of simple touches, add the manipulation of the ball while it is bouncing off.
7. Students should bounce the ball toward the wall and receive the pass back, manipulating it with dribbling moves before making a long pass.
8. Encourage students to experiment with different types of ball handling, such as high bounces, low bounces, between the legs or around the body, before performing the long pass.

2. Each player will have a basketball.
3. Start the exercise in one of the arches, with the ball in hand.
4. Dribble the ball on the ground and at the same time perform leg movements to move to the next arc.
5. Leg movements can be varied, including side running, jumping, shifting back and forth, among others. The goal is to work on agility and speed in movements.
6. When you get to the next arc, keep dribbling the ball and repeat the leg movements to move to the next arc.
7. Proceed in this way, going through all the arcs, combining the movement of legs with the bounce of the ball.
8. Vary the intensity and speed of movements, challenging players to adapt and react quickly to changes in direction and pace.
9. During the exercise, pay attention to the technique of the players, providing individual guidance to improve leg movement and ball control.
10. Encourage players to keep their visual focus ahead to enhance spatial awareness and the ability to anticipate upcoming markings.
11. At the end of the activity, promote a brief group discussion, allowing players to share their experiences and learn from each other.
12. Repeat the exercise regularly, gradually increasing the distance between the arches and the complexity of leg movements.

The Leg Movement exercise with the Ball Bounce aims to improve the agility and motor coordination of the players, combining them with the bounce of the ball. By dribbling the ball while performing varied leg movements, players develop the ability to move efficiently and quickly on the court. The marking of the arches on the ground provides

a visual reference for the players, challenging them to adapt and perfect their movement according to the different distances and rhythms. With regular practice of this exercise, players will improve their agility, ball control and spatial awareness, fundamental elements for success in basketball.

VIDEO ACTIVITY: <https://youtu.be/NNoeKgd5x8E>

28. Ball Bounce and Control with Cones

Objective: To improve the ball bounce and control, using cones as a reference on the court.

Description: In this exercise, players will work the ball bounce and control, using cones as a reference on the court. The goal is to develop the ability to control the basketball as it moves and adapts to the markings of the cones. The exercise is carried out as follows:

1. Arrange the cones randomly on the court, creating a delimited area.
2. Each player will have a basketball.
3. Start the exercise in one of the corners of the delimited area.
4. Dribble the ball on the ground while moving between the cones, keeping control of the ball.
5. The goal is to prevent the ball from touching the cones, demonstrating good control and accuracy in the bounce.
6. Vary the height and intensity of the bounce, challenging players to adapt their control according to different situations.
7. Encourage players to keep their heads up and visual focus ahead for better spatial awareness and anticipation of movements.

8. After individual training, form pairs to perform warm-up exercises.
9. In pairs, players will exchange the ball with each other, using alternating hands with each movement.
10. Start with one player passing the ball to the other using the right hand, who must receive and pass the ball using the left hand.
11. Repeat the process, alternating hands with each movement.
12. This exercise helps in the development of the ability to control with both hands, increasing dexterity and coordination.
13. After performing the exercises in pairs, return to the exercise of ball bounce and control with cones, allowing the players to apply what they learned in the exchange of ball in pairs.
14. End the exercise with a group discussion, allowing players to share their experiences and learnings.
15. Repeat the exercise regularly, increasing the difficulty by adding more cones or adjusting the space between them.

The exercise of Ball Quique and Control with Cones aims to improve the ability of ball bounce and control of the players, using cones as a reference on the court. By dribbling the ball and moving between the cones, players develop the ability to control the ball accurately, adapting to the markings and preventing the ball from touching the cones. The variation in the height and intensity of the bounce challenges players to perfect their control in different situations. In addition, the double exercises of ball exchange with the alternating hands strengthen the dexterity and coordination with both hands. With regular practice of this exercise, players will hone their ball control, spatial awareness, and adaptation skills, essential elements for success in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/mjYeI71HYeE>

29. Individual and Doubles Exercises for Warm-Up with Ball Control and Cooperative Games

Objective: Perform warm-up exercises that involve ball control and promote cooperation between players.

Description: In this sequence of exercises, players will perform individual and double activities, focused on ball control and cooperation between team members. The goal is to warm up the body, hone individual skills, and promote interaction between players. Follow these steps:

Individual Exercises:

1. **Static Ball Bounce:** Each player performs ball bounces while standing still, focusing on maintaining control and accuracy of the bounce.
2. **Moving Ball Control:** Players move around the court, performing ball bounces as they move forward, backward, and sideways. Obstacles can be added to increase the challenge.
3. **Zig-Zag with Ball:** Place cones in a zig-zag pattern on the court. Players dribble the ball as they move between the cones, practicing changes of direction and ball control.
4. **Pass and Receive:** Players spread out around the court and make short, accurate passes to each other, focusing on receiving the ball with control and speed.

Exercises in Pairs:

1. **Pass and Follow:** Players form pairs and perform short passes to each other, following the pass and moving around the court. The goal is to maintain control of the ball and the connection between players.
2. **Dribble and Pass:** Each player dribbles the ball while his partner tries to steal. The goal is to maintain control of the ball and hone the ability to pass in motion.

- Players must move up and down the stairs quickly, moving their feet within the demarcated spaces.
- Vary the movements, such as feet together, laterally, crossing feet, etc.
- Perform the movements at high speed, seeking agility and coordination.

Season 2 - Obstacle Course:

- Position cones on the ground, forming an obstacle course.
- Players must zig-zag between the cones, dodging obstacles.
- Vary the distance and arrangement of the cones to increase the challenge.
- Focus on fast movements, changes of direction and agility.

Station 3 - Jumps and Squats:

- Place low obstacles, such as cones or sticks, on the ground.
- Players must jump over obstacles or perform squats around them.
- Alternate between jumps with one leg and with both legs, aiming to strengthen the muscles of the legs and improve the power of the jumps.

Season 4 - Basketball Sprints:

- Mark a specific distance on the court.
- Players must run as fast as possible to the marked point and back.
- Vary the distances and intensity of the sprints to work on speed and endurance.

These are just some of the stations that can be set up on the basketball court. You can add other exercises as needed and the level of the players. Remember to tailor the movements to the technical gestures of basketball, such as changes of direction,

acceleration, deceleration and jumps. Perform the training intensely, respecting the limits of each player, and encourage them to challenge themselves and overcome their own limits.

VIDEO ACTIVITY: https://youtu.be/fX2_EoqHYt4

31. Cooperative Double Activity: Displacement and Throwing

Objective: To develop the displacement on the court, the exchange of passes and the throwing in a cooperative activity between two students.

Description: Both students start the activity from the same point on the court. One of them is in possession of the ball, while the other moves without the ball. Follow the steps below:

1. Court Displacement:

- The student with possession of the ball moves by dribbling toward a predetermined point on the court.
- Upon reaching this point, both students begin the return towards the basket.

2. Exchange of Passes:

- During the return toward the basket, students must exchange passes with each other, performing dribbling movements and passes.
- Different types of passes can be explored, such as chest pass, chopped pass, over the head, etc.
- It is important to emphasize communication between students, using gestures or words to indicate the intent of the pass.

3. Pitch:

- After the pass exchange sequence, one of the students finishes the move with a shot toward the basket.
- The choice of who will make the pitch can be made alternately or defined by the teacher.
- It is important to emphasize the correct technique of throwing, encouraging good posture, concentration and accuracy.

4. Ball Control:

- After the throw, students regain possession of the ball and begin a ball control activity determined by the teacher.
- This activity may involve dribbling, changes of direction, feints, among other movements that aim to improve the control and mastery of the ball.

Throughout the activity, the teacher can observe and correct the students' technique, offering guidance to improve the movements and stimulating cooperation between the pair. It's important to create an environment of collaboration, encouraging students to communicate, work as a team, and celebrate joint success.

VIDEO ACTIVITY: <https://youtu.be/JmEfPJPjsTg>

32. Pivot in the Bottle with Chest Pass

Goal: Develop pivot skills, ball control and chest pass in the bottle.

Description: In this activity, the student will have the opportunity to hone her skills of pivot, ball control and chest pass in the bottle. The exercise consists of three steps: first, the student initiates the movement by bouncing the ball as she advances toward the free-throw line; then she performs a pivot motion, rotating her body to the

opposite side and maintaining control of the ball; Finally, she executes a precise chest pass to a strategically placed teammate.

During the activity, it is essential that the student maintains control of the ball at all times, demonstrating good mastery and coordination. In addition, it is important that she executes the pivot movement with fluidity and speed, ensuring that she is ready to perform the chest pass at the right time.

This exercise is key to honing the fundamental skills needed in the dugout, such as the ability to create space, protect the ball, and make quick decisions, contributing to an efficient offensive play.

VIDEO ACTIVITY: <https://youtube.com/shorts/mLCAFrS0ymg>

33. Exploring Ball Control

Objective: To develop ball control and familiarization with the dribble in beginning students, in addition to serving as a warm-up for more advanced classes.

Description: In this exercise, students will be exposed to a variety of movements and positions to help them become familiar with the basketball and improve their dribbling control. The goal is to provide a solid foundation for the development of the basic skills of the game. Students will be guided to practice different types of dribbles, such as low dribbling, high dribbling, side dribbling, and dribbling. They will also be encouraged to experiment with different positions, such as being crouched, standing, and moving. This exercise can be tailored to meet students' needs and skill levels, allowing them to progress gradually as they become more comfortable with ball control. In addition, the exercise can be used as a warm-up for more advanced classes, providing an opportunity to review and hone the fundamental skills of the dribble before proceeding to more complex activities.

VIDEO ACTIVITY: <https://youtu.be/mrhbjR0M1z4>

34. Wide Dribble with Ball Control

Objective: To develop ball control using both hands and work the students' leg game.

Description: In this exercise, students will practice dribbling using both hands to control the ball. They should focus on keeping the ball at a wide range, moving it from one side of the body to the other while maintaining control. It is also important to emphasize leg play, encouraging students to move nimbly and quickly. Instead of an arc, one can use another object, such as a cone, to mark the desired amplitude. This exercise can be adapted according to the skill level of the students, increasing the speed or adding obstacles to further challenge the control of the ball.

VIDEO ACTIVITY: <https://youtu.be/rNEcuCB8FUy>

35. Cone Progression for Change of Direction

Objective: Train the ability to change direction during the dribble and progress with the ball in different directions.

Description: In this exercise, cones will be placed at a certain distance on the court, in different directions. The students will start with the ball and the goal is to progress with the dribble towards the cones, get around them and continue advancing to the next cone. The emphasis is on changing direction during the dribble, replicating a move commonly used in the game of basketball. Students must practice different types of changes of direction, such as cuts, crossovers, and turns, while maintaining control of the ball. The exercise can be adapted by varying the distance between the cones and introducing obstacles to increase the challenge. The goal is to improve agility, coordination, and the ability to make quick decisions during progression with the dribble.

VIDEO ACTIVITY: <https://youtube.com/shorts/FI-cf1PUAko>

36. Double Goal Pass

Goal: Improve the long pass with one hand and develop lateral displacement skills on the court.

Description: In this exercise, two students position themselves facing each other and mount two "beams" with cones. The goal is to use one hand to try to make the "goal" in the opponent, that is, to pass the ball through the crossbars. Students must perform long passes with one hand, aiming for accuracy and proper strength to achieve the goal. In addition, it is important to practice lateral displacement on the court to create space for the pass and avoid the opponent's defense. Students can alternate positions, allowing both to have the opportunity to make the pass and also to defend themselves. The exercise stimulates the ability to make accurate passes in game situations, as well as improve coordination, communication and teamwork.

VIDEO ACTIVITY: <https://youtu.be/YCo-oNJUU7c>

37. Exchange of Pass with Bobinho

Objective: To perfect the pass between the players and develop defensive movement skills.

Description: In this activity, the players form a circle and exchange passes with each other. In the center of the circle, there is a player (the fool) who tries to intercept the passes. The goal is for the players to make precise and fast passes, trying to prevent the fool from being able to intercept the ball. Players must be attentive to the movements of the fool and communicate to maintain possession of the ball. The fool, in turn, must move nimbly and try to intercept the passes, using defensive techniques such as anticipation and proper positioning. In addition to improving the pass, the activity also stimulates defensive movement and quick decision-making on the part of the fool. It is important that the players are alternated in the role of fool, so that all

have the opportunity to work both in the pass and in the defensive movement. The activity promotes teamwork, communication and the development of both offensive and defensive skills.

VIDEO ACTIVITY: <https://youtu.be/hA4S0HoR0jo>

38. Protect your Ball!

Objective: Develop ball control and defensive movement skills.

Description: In this game, two students stand next to each other, bouncing the ball individually. The goal is to protect the ball itself, preventing the colleague from touching it, while trying to touch the ball of the colleague. Each student should focus on bouncing their ball in a controlled manner while trying to intercept their classmate's ball. Defensive movement is essential, since it is necessary to position yourself strategically to block the movements of the colleague and protect the ball itself. Students must use dribbling techniques, such as changes of direction and pace, to make it difficult for the opponent to act. In addition, it is important to keep the attention divided between the ball itself and the ball of the colleague, to make quick and efficient decisions. The game promotes the development of ball control, agility, decision-making under pressure and the spirit of healthy competition. It is important to stress the importance of fair play and mutual respect during the game.

VIDEO ACTIVITY: https://youtu.be/hJowq4jHY_E

39. Agility in the Feet

Objective: To develop foot agility and the ability to react quickly.

Description: In this exercise, the students work on the agility of the feet when responding to the teacher's commands. They position themselves in a certain area of the basketball court. The teacher will then give verbal commands, indicating which

41. Pitch in the Bottle with Pivot

Objective: To improve the throwing and movement skills in the bottle, enabling the student to finish effectively in both front and side approach situations in relation to the basket.

Description: In this exercise, the student works the throw in the bottle with pivot movement. He starts positioned near the basket, receiving passes from different positions. Depending on the location of the pass, the student performs forward or lateral approach movements in relation to the basket, seeking a favorable throwing position. When receiving the ball, he uses pivot techniques to position himself properly, adopting the best posture to finish accurately. The student is encouraged to explore different angles of pitching, using spinning movements, wide strides or feints to overcome the opposing defense. This exercise develops the ability to finish efficiently in the bottle, improving the throwing technique and the ability to move. It is important to emphasize the importance of proper body positioning, ball control, and concentration during throwing. The student must practice both forward and side approach shots in order to become a complete and effective center in the game of basketball.

VIDEO ACTIVITY: <https://youtu.be/7pABkJs1eI>

42. Zigzag Dribbling and Handling Motor Circuit

Objective: To develop ball control skills, changes of direction and zigzag movement, preparing students for game situations that require agility and coordination with the ball.

Description: In this motor circuit, students perform a series of stations with different objectives related to dribbling and zigzag movement. The organization of the stations

may vary according to the availability of material and the guidance of the teacher. Each station is designed to work on a specific aspect of ball skills.

Example of stations:

1. Dribble between cones: Students dribble the ball at speed, passing through cones positioned in a straight line. The goal is to maintain control of the ball as they move quickly.
2. Change of direction: Students dribble the ball towards a cone and, when getting close, perform a quick change of direction, dribbling to the opposite side. The goal is to develop the ability to change direction quickly and quickly.
3. Zigzag movement: Students dribble the ball on a zigzag course, bypassing obstacles or objects placed on the ground. The goal is to improve lateral movement skills and coordination between foot movements and ball control.

After completing the circuit stations, the activity ends with a throw to the basket. Students are encouraged to apply the ball control and movement skills learned in previous seasons to finish accurately. The teacher can determine the distance of the throw according to the skill level of the students.

This motor circuit provides a complete training, addressing different aspects of the dribble and movement with the ball. Students have the opportunity to enhance their coordination, agility and decision-making in game situations, preparing to face real challenges in basketball.

VIDEO ACTIVITY: <https://youtu.be/MP3xLK6iSA8>

43. Combined Exercise: Passing, Defending, and Throwing on the Tray

Objective: Develop coordination, decision-making and passing, defense and throwing skills on the tray, integrating different aspects of the game.

Description: In this combined exercise, the students perform a sequence of movements that involve passing, defending and throwing on the tray. The order of the movements is determined by the teacher, but it is important to have the following aspects present:

1. Passage: The students position themselves on one side of the bottle and make precise passes between them. The goal is to hone passing skills and team communication.
2. Crossing the Bottle: After the passage, the students cross the bottle towards the opposite side, simulating a situation of rapid transition in the game. The goal is to develop agility and the ability to change direction quickly.
3. Pitch Defense: Upon reaching the opposite side of the bottle, students assume defensive positions and must contest a simulated pitch by the teacher or another student. The goal is to practice proper defense and correct positioning to block the shot.
4. Pitch on the Tray: After the defense, the students go on the attack and perform a throw on the tray. The goal is to hone the technique of moving pitching and finish the play with precision.

The combined exercise allows students to work on different aspects of the game of basketball, integrating offensive and defensive skills. In addition, it promotes team communication, rapid decision-making and the development of the ability to adapt to different game situations.



- Improve the accuracy of the passes, directing the goal to the colleague correctly.

Benefits:

- Improvement of fine motor coordination, especially in the hands and eyes.
- Increased ability to concentrate and focus.
- Development of teamwork and communication among students.
- Reinforcement of ball control in challenging situations.

Observations: It is important that students maintain proper posture and look at the ball and the goal alternately, to improve visual coordination. They must communicate and adjust their movements to ensure that passes are accurate. The exercise can be progressively challenging, increasing the distance between students or adding obstacles to dribble while passing the ball.

VIDEO ACTIVITY: <https://youtube.com/shorts/apGYviuSDUg>

46. Mini Skills Circuit - Specific Moves

Objective: To develop the agility, coordination and movement skills of the student through a mini circuit with cones, emphasizing specific movements, such as turning at the entrance of the bottle and going to the basket on the side.

Description: In this activity, the student will perform a mini circuit that consists of going through the cones, performing specific movements at certain points and finishing with a throw or completion in the basket. The circuit aims to improve the student's ability to move, agility and decision-making.

Step by step exercise:



1. Positioning of the cones: Arrange the cones strategically on the court, creating a course with specific movements. Make sure the cones are spaced properly to allow the movements to perform.
2. Entry movement in the bottle: At the beginning of the circuit, the student must approach the bottle dribbling the ball and, when arriving at the entrance, perform a quick rotation or turn to change direction. This move helps confuse the defense and create a shot or completion opportunity on the sideline.
3. Specific movements: During the course through the circuit, include other specific movements, such as crossing your feet, jumping over a cone, making a feint, or moving laterally. These movements can be adapted according to the student's skill level and training goal.
4. Finishing: After performing the specific moves, the student must finish the circuit with a throw or completion in the basket. Encourage her to focus on throwing technique and perform the completion with precision.
5. Time and repetitions: Set a time for the student to complete the circuit or establish a specific number of repetitions to be performed. Vary the number of repetitions and the time according to the desired intensity and the student's fitness level.

This mini skills circuit is a fun and effective way to work on student agility, coordination, and movement in the context of basketball. Specific movements, such as the rotation at the entrance of the bottle, help to develop the ability to make quick and efficient decisions during the game.

Be sure to provide clear instructions on the movements to be performed and encourage the student to strive to perform each movement accurately and fluidly. Regular practice of this type of combined exercise contributes to the enhancement of the fundamental skills necessary for success in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/TDuu8c7Xj8o>

47. Skills Circuit with Dribbling, Throwing and Tray Passing

Objective: To improve the student's dribbling technique, throwing and tray stride through a skills circuit that combines movements with cones, throws and the use of an obstacle to work the tray stride.

Description: In this activity, the student will perform a sequence of movements that involve the dribble of the ball, the realization of movements with cones and, finally, the throw, ending with the tray pass using an obstacle.

Step by step exercise:

1. Dribble with movement: The student starts the circuit by dribbling the ball and performing different movements, such as dribble between the legs, cross dribble, protection dribble, among others. These movements help improve ball control and the ability to change direction quickly.
2. Movement with cones: Then the student moves through the cones, dribbling the ball around them. The cones can be positioned at different distances and heights to challenge the student to dribble with precision and agility, performing cuts and changes of direction.
3. Pitching: After going through the cones, the student goes to the throwing zone and performs different types of pitches, such as mid-range pitch or three-point shot. It is important to emphasize the correct technique of the throw, including body positioning, throwing, and movement tracking.
4. Tray pass with obstacle: Finally, the student performs the tray pass, using an obstacle to simulate the opposing defense. The obstacle can be a dummy defender, a cone, or any other object that requires the student to adjust her stride and reach the basket efficiently.

protection dribble, among others. These movements help improve ball control and the ability to change direction quickly.

2. Movement with cones: Then the student moves through the cones, dribbling the ball around them. The cones can be positioned at different distances and heights to challenge the student to dribble with precision and agility, performing cuts and changes of direction.

3. Pitching: After going through the cones, the student goes to the throwing zone and performs different types of pitches, such as mid-range pitch or three-point shot. It is important to emphasize the correct technique of the throw, including body positioning, throwing, and movement tracking.

4. Tray pass with obstacle: Finally, the student performs the tray pass, using an obstacle to simulate the opposing defense. The obstacle can be a dummy defender, a cone, or any other object that requires the student to adjust her stride and reach the basket efficiently.

5. Repetitions and progression: Determine the number of repetitions or the time to perform each step of the circuit, according to the student's level of conditioning and ability. As it progresses, you can increase the intensity, adding more movements or requiring faster execution.

Running this skill circuit together gives the student greater precision in her movements and allows her to work on different aspects of the game of basketball, from ball control to shooting and finishing near the basket. Encourage her to focus on the proper technique at each step and to perform the movements with fluidity and speed.

Remembering that the constant practice of these combined exercises is fundamental for the improvement of individual skills in basketball, providing a better adaptation to the different aspects of the game and contributing to the overall development of the student as a player.

VIDEO ACTIVITY: <https://youtu.be/TBf8-zSd1OY>

49. Scoring and Progression in Basketball

Objective: To develop the scoring ability and hinder the progression of the opponent in the game of basketball.

Description: In this exercise, two students stand face to face (or back to each other) with a basketball in the middle. The goal is for the student who is farthest from the ball to prevent the other student from catching it, hindering their progression toward the ball.

Step by step exercise:

1. Initial positioning: The two students position themselves symmetrically, with a considerable distance between them. The basketball is placed in the middle, equidistant from the two.
2. Marking and progression: The student who is farthest from the ball assumes the role of scorer, while the other student will try to progress towards the ball to catch it. The marker must use defense techniques such as lateral movement, body placement and attention to the opponent's movements to hinder his progression.
3. **Objective:** The student who is trying to catch the ball must utilize dribble, movement and feint skills to try to overcome the marking and reach the ball. The goal is to get to the ball before the marker can stop its progression.
4. Alternating roles: After a certain period of time or when the student who is trying to catch the ball manages to reach it, the roles are alternated. Now, the student who was scoring takes the position of trying to catch the ball, while the other becomes the scorer.

5. Repetitions and progression: Perform several repetitions of the exercise, allowing students to practice in both the marker and progression roles. As they progress, you can increase the distance between students, add obstacles, or encourage more advanced movements, such as feints and changes of direction.

This exercise is a way to work on defensive scoring and offensive progression in basketball. Students will have the opportunity to practice their defense skills, such as body positioning, lateral movement, and reading the opponent's movements. At the same time, the student who is trying to catch the ball will develop their dribbling, movement, and quick decision-making skills.

It is important to emphasize the importance of defensive posture, balance and attention to the opponent's movements. Encourage students to be active on defense, using appropriate techniques to hinder the opponent's progression.

Remembering that the regular practice of this exercise will contribute to the improvement of the defensive and offensive skills of the students, preparing them for real game situations where marking and progression are fundamental to the success of the team.

VIDEO ACTIVITY: <https://youtube.com/shorts/fWz1uGV1XsU>

50. Dribble String & Score Challenge

Objective: To improve the skills of dribble, movement with the ball and finishing when reaching the cone.

Description: The "Rope Dribble + Score Challenge" is an activity that aims to develop the skills of dribble, movement with the ball and finishing when reaching a specific cone. Using a rope positioned on the ground, the student will be challenged to dribble the basketball while performing specific moves and then finish with a basket upon reaching the cone.

1. Preparation: Position the rope on the floor to create a defined course for the student to follow. Place a cone at a suitable distance to serve as the arrival pony.
2. Dribble and specific moves: The student will start at the beginning of the rope and must dribble the basketball as he moves along the course. Along the way, add specific moves, such as crossing the rope sideways, jumping over it, going around cones positioned along the way, among others. These moves will help improve agility, coordination, and control of the ball.
3. Finishing when reaching the cone: Upon reaching the cone, the student must perform a proper finish, such as a throw, a tray or a layup, to score points. Encourage the student to focus on the finishing technique, maintaining calm and precision, even after dribbling and performing intense movements.

Repeat the activity several times, encouraging the student to progress in speed and accuracy with each attempt. Give constructive feedback on dribble technique, moves and finishes. The "Rope Dribble & Score Challenge" provides a fun and challenging opportunity for the student to hone their dribble, movement and finishing skills, on a course defined by the rope and culminating in successful completion upon reaching the cone.

VIDEO ACTIVITY: <https://youtu.be/KL4tGBIT3fw>

51. Garrafão Challenge: Strategic Approach

Objective: To develop skills of approximation in the bottle, adapting the markings and movements as determined by the teachers to achieve the specific objectives of the exercise.

Description: The "Bottle Challenge: Strategic Approach" is an activity designed to enhance the skills of approximation in the bottle, with simulated markings that are determined by the teachers based on the objectives of the exercise. This approach allows you to adapt the markings and movements to create different challenges and scenarios,

providing students with the opportunity to develop their ability to read the defense and to find effective solutions to finish close to the basket.

1. Preparation: Mark the bottle on the floor with cones or duct tape to create a specific area for the activity. Discuss with students what markings and movements will be implemented during the exercise, taking into account the students' goals and skill level.

2. Approach with marking: The student will start from outside the bottle and must approach the basket by dribbling the basketball. Teachers will determine the simulated markings, which may include simulated defenders, cones, or duct tape strategically positioned to create challenging situations for the student.

3. Approach and finishing strategies: The student should use approach strategies, such as changes of direction, feints and use of the body to overcome the markings and find finishing opportunities near the basket. Encourage the student to read the defense, identify open spaces, and utilize effective moves to ensure successful finishes.

4. Markup variations: Teachers can introduce different marking variations throughout the exercise to further challenge students. This can include active defenders, double scoring, or even specific game situations that require quick decisions and adaptation to the circumstances.

Repeat the activity several times, providing individualized feedback and guidance during the exercise. Adjust markings and movements as needed to achieve specific exercise goals. The "Garraão Challenge: Strategic Approach" offers students the opportunity to develop their approach skills in the bottle, adapting to different markings and game situations, under the guidance of teachers, to achieve success in their finishes.

VIDEO ACTIVITY: <https://youtu.be/rYk5P1l10hQ>

52. Recreational Basketball Activity: Tray Game with Marking

Description: In this recreational basketball activity, four students form a wheel, sitting around the basket. A student is chosen to move around outside the wheel, trying to make



a tray in the basket. In turn, the other four students must collaborate to mark and stop the player's tray from moving.

Goal:

- Stimulate the movement towards the basket and the execution of the tray movement.
- Develop marking and defense skills on the part of other students.
- Promote team collaboration and fun through play.

Benefits:

- Improved tray movement, including speed and accuracy.
- Development of marking and defense skills.
- Stimulation of communication and teamwork.

Observations: During the activity, it is important that students maintain a proper posture and respect the safety rules. The moving student should be encouraged to perform different tray moves, while the other students should focus on marking and trying to stop the basket. This activity promotes the competitive and recreational spirit while providing fun and learning in the game of basketball.

Always remember to respect the individual abilities of each student and adapt the activity according to the age and skill level of the group.

VIDEO ACTIVITY: <https://youtube.com/shorts/yzMhDaXUxtI>

53. Defensive Footwork Challenge: Agility and Combat

Objective: To develop defensive movement skills, including lateral movements, blocking, and fighting the opposing player with possession.

Description: The "Defensive Footwork Challenge: Agility and Combat" is an activity designed to enhance students' defensive movement skills by offering various stimuli and

54. Bounce Wheel: Ball Exchange

Objective: To develop coordination and agility skills, in addition to promoting interaction between students, while practicing the bouncing of the ball and the challenge of catching the ball that the colleague left bouncing when changing positions on the wheel.

Description: The activity "Quicar Wheel: Ball Exchange" is a fun and effective way to start the class and warm up the students, as well as being an exercise suitable for beginners and also for more advanced students. The activity involves students forming a wheel and bouncing the basketball. The main objective is to catch the ball that the colleague left bouncing when they switch positions on the wheel.

1. **Wheel formation:** Ask students to form a wheel by staying close to each other. Make sure there is enough room for each student to bounce the basketball individually.
2. **Bounce the ball:** Start the activity by asking students to start bouncing the basketball on the floor. They must maintain proper control of the ball, bouncing it at a comfortable and controlled height.
3. **Position switching:** After a certain period of time, give a signal for students to switch positions on the wheel by moving left or right. Each student will leave the ball they were bouncing and try to catch the ball their classmate left bouncing off.
4. **Catch the moving ball:** The challenging part of the activity is catching the moving ball while students switch positions. Students must be attentive and agile to react quickly and catch the ball while it is bouncing off.
5. **Continuity of activity:** Repeat the process of bouncing the ball, switching positions, and catching the moving ball for several rounds. Encourage students to move with agility, be attentive to peer movements, and hone their hand-eye coordination skills.

The activity "Bounce Wheel: Ball Exchange" can be adapted to different skill levels by varying the speed of the position change on the wheel or introducing additional

challenges such as bouncing the ball with the non-dominant hand. In addition to being a fun activity, it warms up the body and prepares students for other more intense activities during class.

VIDEO ACTIVITY: <https://youtu.be/2W6s8dAdRjs>

55. Lateral Movement and Throwing Accuracy

Goal: Develop lateral movement skills, pass reception and improve pitching with precision.

Description: The activity "Lateral Movement and Precision in Throwing" is divided into two stages, aiming to improve different aspects of the game. In the first stage, the student will perform lateral movements, receive the ball and try to hit a target. In the second stage, the student will perform a specific movement and perform a throw.

First Step:

1. Preparation: Place a target, such as a basket or a specific object, in a defined location on the court or training space. Position yourself next to the student, ready to pass the ball.
2. Lateral movement: The student will start at the starting point, next to the target. At the signal, it will perform fast and agile lateral movements, moving to the opposite side of the target.
3. Receive and return the ball: As the student moves laterally, you will pass the ball to him. The student's goal is to receive it properly and then return it to the target, trying to hit it. Encourage a good reception posture and an accurate return.
4. Repetitions: Repeat the lateral movement, reception and throw several times, alternating the side of the target and encouraging the student to move quickly.

Second Stage:

1. Preparation: Position yourself in a specific area of the court or training space, where the student should move.
2. Specific movement: Determine a specific movement for the student to perform, such as a cut toward the rim, a feint, or a fadeaway movement. Clearly explain the movement and show how it should be executed correctly.
3. Throw: After performing the specific movement, the student must throw the ball towards the target. Encourage him to use the proper throwing technique, focusing on accuracy.
4. Repetitions: Repeat the specific movement and pitch several times, allowing the student to become familiar with the movement and improve their accuracy in the throw.

The activity "Lateral Movement and Accuracy in Throwing" helps students develop lateral movement skills, pass reception, and improve throwing accuracy. Encourage them to focus on the correct technique at each stage of the activity, providing constructive feedback and adjustments when needed.

VIDEO ACTIVITY: <https://youtube.com/shorts/pVyIkMV0Ayw>

56. Zigzag Dribble Exercise with Progression and Throwing

Description: In this exercise, the student performs the dribble in zigzag, passing the cones arranged in the way. The progression is made with the bounce of the ball, touching the tip of the cone, and can vary between low and high bounces. The exercise ends with a throw at the end of the course.

Goal:

- Improve ball control during zigzag dribbling.
- Develop the ability to change direction quickly.
- Improve the accuracy of the pitch after the zigzag course

Benefits:

- Improvement of fine motor coordination, especially in ball control.
- Development of agility and reaction speed.
- Increased ability to change direction with the dribble.
- Improved accuracy and confidence in pitching.

Observations: During the exercise, it is important that the student maintains a proper posture, with the knees semi-flexed and the eyes facing forward. He must perform the dribble in zigzag, passing the cones and touching the tip of them with the bounce of the ball. The student can vary between low and high bounces to increase the difficulty and progression of the exercise. When reaching the end of the course, he must perform a throw, applying the proper technique. It is recommended that the exercise be performed at an appropriate pace, ensuring the quality of the movements and the effectiveness of the throw.

VIDEO ACTIVITY: https://youtube.com/shorts/8vEC_4KG5dU

57. Progression Lock in the Bottle

Objective: To develop defensive blocking skills and improve the ability to progress in the bottle in challenging situations.

Description: The "Progression Blocking in the Bottle" activity aims to enhance defensive blocking skills and the ability to progress in the bottle in challenging situations. One student will try to advance toward the basket while another student, with a larger ball, hinders their progression.

1. Preparation: Mark a specific area of the bottle where the activity will be performed. Make sure there is enough space for students to move around and interact.

2. Defensive blocking: Choose one student to be the defender and another to be the attacker. The attacker will have possession of a larger ball, such as a medicine ball or a soccer ball. The defender will position himself in front of the attacker, blocking his path towards the basket.
3. Progression in the bottle: The attacker will try to progress in the bottle, dribbling the ball and using feint movements and changes of direction to overcome the defender. The defender will use blocking techniques, such as maintaining a solid defensive posture, moving laterally and using the arms to hinder the attacker's progression.
4. Switching roles: After a certain period of time or after the attacker manages to advance to the basket, the roles of attacker and defender are swapped. That way, all students will have the opportunity to practice both defensive blocking and progression in the bottle.
5. Repetitions: Perform several repetitions of the activity, encouraging students to try their hardest and apply different techniques to overcome defensive blockage. Promote friendly competition among students, encouraging them to improve their skills with each repetition.

The "Progression Blocking in the Bottle" activity provides a realistic gaming experience where students need to overcome defensive pressure to advance toward the basket. Encourage communication among students, the use of efficient movements, and defense reading to find opportunities for progression.

VIDEO ACTIVITY: <https://youtube.com/shorts/FCsP3Y96u5o>

58. Lateral Displacement with Ball Control

Objective: To develop lateral displacement skills, ball control and foot agility, especially for beginning students.

Description: The activity "Lateral Displacement with Ball Control" aims to improve lateral displacement, ball control and agility in the feet of students. Using markings on

the ground, students will perform lateral displacements without looking at the ball, respecting the distance between the markings.

1. Preparation: Mark a series of points or lines on the floor, spaced at a distance suitable for the level of the students. These markings will serve as a reference for lateral displacement.

2. Lateral displacement: Students will start in a starting position with the ball in hand. At the signal, they will perform lateral displacements, moving to the right or left, without taking their eyes off the markings on the ground. The idea is that they focus on the lateral displacement technique and maintain control of the ball.

3. Ball control: During lateral displacement, students must maintain control of the ball by dribbling it accurately and keeping it close to the body. They should avoid looking at the ball, relying on touch and feel to maintain control.

4. Respect for markings: Students must respect the distance between the markings on the floor, performing the lateral displacements without exceeding them. This helps to work on spatial awareness and precision in movements.

5. Repetitions: Repeat the activity several times, alternating the direction of lateral displacement and encouraging students to move with agility and control of the ball.

The activity "Lateral Displacement with Ball Control" is particularly useful for beginning students, as it helps to develop ball control, spatial awareness, and foot agility. Encourage students to focus on the correct lateral displacement technique while maintaining control of the ball. Provide constructive feedback and encourage them to challenge themselves more and more.

VIDEO ACTIVITY: <https://youtu.be/Ttw9C3sCpCg>

59. Court Pass Rotation

Objective: To develop passing, movement and teamwork skills, by rotating students in four rows while performing diagonal passes around the court.

Description: The activity "Pass Rotation by the Court" aims to improve passing skills, student movement and teamwork. Students will form four rows and perform diagonal passes as they move around the court, rotating between the rows during the activity.

1. Preparation: Divide students into four rows positioned on one side of the court. Make sure there is enough room for students to move around comfortably.
2. Diagonal pass: Start the activity with the first student in each row holding a ball. At the signal, they will perform a diagonal pass to the first student in the opposite row. The pass can be done with one hand or with both hands, depending on the skill level of the students.
3. Movement and rotation: After the pass, the student who passed the ball will move diagonally to the opposite row, filling the space left by the student who received the pass. Students will move diagonally, alternating between rows, as they progress through the court.
4. Continuity of passes: As students move around and rotate, the next student in the opposite row will be ready to receive the pass. They will perform the pass and follow the same dynamics of movement and rotation.
5. Repetitions: Repeat the activity for several rounds, encouraging students to focus on pass accuracy, fluid movement, and quick transition between rows.

The activity "Pass Rotation on the Court" promotes the development of passing skills, movement and teamwork. Encourage communication between students, encourage them to execute accurate passes and move with agility. Provide positive feedback and opportunities for each student to experience different positions in the queues during the activity.

VIDEO ACTIVITY: https://youtu.be/W_WP_Gyfh8U

60. Precise Spinning and Throwing

Objective: To develop movement, dribbling, and throwing skills in basketball, focusing on executing a spin before the specific area throws.

Description: The activity "Accurate Spinning and Shooting" aims to improve movement, dribbling and shooting in basketball. The student will receive a pass, perform a spin to position themselves correctly, and then make a dribble before throwing from the specific area.

1. Preparation: Mark a specific area of the court where the pitches will be made. Make sure there is enough room for student movements.
2. Receiving the pass: The student positions himself in the specific area designated for the throw. Another student will pass the ball to him.
3. Turn: After receiving the pass, the student performs a full turn clockwise or counterclockwise to position themselves properly in relation to the basket. The turn can be performed with the use of a pivot foot, keeping the other foot fixed on the ground.
4. Dribble: After the spin, the student performs a dribble to gain control of the ball and prepare for the throw. The dribble can be done with one hand or alternating between the hands, according to the student's preference.
5. Throw: After the dribble, the student makes the throw from the specific area marked. He should focus on proper technique, including correct body posture, elevation of the throwing arm and tracking the movement until the ball is thrown.
6. Repetitions: Repeat the activity several times, allowing each student the opportunity to practice spinning, dribbling, and throwing. Encourage precision and consistency in movements.

The "Accurate Spinning and Shooting" activity aims to hone the movement, dribbling, and throwing skills in basketball. Encourage students to focus on proper technique, from receiving the pass to the final throw. Provide constructive feedback, encourage them to challenge themselves, and celebrate their successes.

VIDEO ACTIVITY: <https://youtu.be/x3BjDoq5zwk>

61. Movement with Resistance

Objective: To develop skills of movement, ball control and reading of defense, simulating a game situation where the student faces a marker.

Description: The activity "Movement with Resistance" aims to improve movement, ball control and the ability to read and overcome the defensive resistance of an opponent. Two students will face each other, while one progresses with the ball, dribbling and moving, the other will make a small resistance, simulating a marker with a ball.

1. Preparation: Position the two students facing each other, with an adequate distance for the exercise. Make sure there is enough room for ball movement and control.
2. Progression with the ball: One of the students will start with possession of the ball and will progress in space, dribbling and performing movements. The goal is to advance while maintaining control of the ball and overcoming the resistance of the other student.
3. Defensive resistance: The other student will act as a marker, applying a slight resistance to the student with the ball. This can include the use of displacement movements, body positioning, and attempts to intercept the ball. It is important to emphasize that the resistance must be appropriate to the level of skill and safety of the students.
4. Reading and reaction: The student with the ball should read the defense and react accordingly. This may involve changes of direction, acceleration, use of feints and protection of the ball. The idea is to practice the ability to overcome defensive resistance and progress successfully.

5. Alternating roles: After a certain period of time, students must alternate roles. In this way, each student will have the opportunity to act as the player with the ball and the defensive scorer.

6. Repetitions: Repeat the activity several times, encouraging students to try different techniques and strategies to overcome defensive resistance. Encourage communication between students and provide constructive feedback on ball control, reading the defense, and effectiveness in overcoming resistance.

The "Movement with Resistance" activity allows students to practice movement, ball control, and defense reading in a more realistic game situation. Encourage them to focus on proper technique, creativity to overcome defensive resistance, and communication among colleagues. Provide a safe and nurturing environment for students to challenge themselves and improve their skills.

VIDEO ACTIVITY: <https://youtu.be/X1loTAEccRU>

62. Ball Pass with Restrictions

Goal: Perform a fun and challenging warm-up, while honing passing and coordination skills between two female students.

Description: In this warm-up exercise, two students hold hands and throw the ball from side to side, with some specific restrictions. The goal is to perform the pass accurately, maintaining the connection with the partner and complying with the restrictions imposed.

Step by step exercise:

1. Initial positioning: The two students face each other, holding hands. The basketball is held by one of them.
2. Pass with restrictions: Students begin to pass the ball from side to side, but with restrictions determined by the teacher. Some possible variations are:

- Pass under the arm: Students must pass the ball under the outstretched arm, maintaining the connection with the holding hands.

- No Bounce: Students can't allow the ball to touch the ground. They must strive to keep the ball in the air at all times.

- Do not let it get to a certain place: The teacher can mark an area on the ground and the students must prevent the ball from reaching that region. They must use passing and movement to prevent the ball from going over the given mark.

3. Coordination and precision: During the exercise, it is important that the students communicate and are synchronized to perform the pass efficiently. They must work together to overcome restrictions and maintain possession.

4. Additional variations and challenges: As students become familiar with the exercise, the teacher may add new constraints or challenges. For example, introduce lateral displacement movements while passing the ball or increase the distance between them to increase the difficulty.

5. Time and repetitions: Perform the exercise for a certain period of time or establish a specific number of repetitions. Encourage students to strive to improve accuracy and coordination with each repetition.

This warm-up exercise provides a fun and challenging environment for students to practice the pass creatively, while also working on coordination, communication, and connection with their partner. By adding different constraints, they will have to adapt their technique and strategy, encouraging quick decision-making and the ability to adjust to game conditions.

Remember to emphasize the importance of accuracy in passing, even with the restrictions imposed. Encourage students to focus on the correct technique, keeping their elbows bent, fists firm, and aiming at the target.

Regular practice of this exercise will help develop passing skills and enhance coordination and communication among students, preparing them for real game situations where connection and accuracy in passing are essential to team success.

VIDEO ACTIVITY: <https://youtu.be/FurkLgwLkl4>

63. Marking and Stopping at the Arches

Objective: To develop dribble, marking and decision-making skills in game situations.

Description: In this activity, students will practice dribble and marking in a simulated game scenario. Two arches will be used as a reference for the marking and stopping of students.

Step by step exercise:

1. Initial positioning: Place two arches on the floor, spaced at a distance suitable for the level of the students. Students should position themselves near the arches, each with a basketball.
2. Dribble and Marking: Students begin to dribble the ball, moving within the area bounded by the arcs. They must practice controlling the ball and at the same time mark a teammate who is nearby. Marking can be done using defensive positioning techniques, such as maintaining an adequate distance, lateral movement and monitoring of the opponent.
3. Stop in the Arches: During the exercise, at certain times, the teacher will signal a command to the students. Upon receiving the command, students must try to stop inside one of the arcs, simulating game actions such as a defense or attack move. The goal is to develop the ability to make quick and efficient decisions by adjusting movement and direction to reach the designated arc.

4. Variations and Challenges: As students become familiar with the activity, the teacher may introduce additional variations and challenges. For example, increasing the speed of the exercise, requiring students to perform specific movements before stopping at the arc (such as spins or changes of direction), or even adding restrictions, such as dribbling only with the non-dominant hand.

5. Time and repetitions: Perform the exercise for a set period of time or establish a specific number of repetitions. Encourage students to challenge themselves and seek improvements in dribbling quality, scoring, and accuracy when stopping at arches.

This activity provides students with the opportunity to practice dribbling and marking in a simulated game context where they are challenged to make quick and efficient decisions. Marking helps develop spatial awareness, agility and the ability to anticipate the opponent's movements. The stop in the arches stimulates motor coordination, precision and the ability to adapt to game situations.

VIDEO ACTIVITY: <https://youtube.com/shorts/8rXkOkW7oYo>

64. Movement with Cone Marking

Objective: To develop the movement of students on the court, combining marking in cones and exchange of passes.

Description: In this activity, students will improve their movement on the court, working on agility, motor coordination and accuracy in passes. Cones will be used to score different points on the court, where students must perform specific movements and exchange passes with each other.

Step by step exercise:

1. Organization: Position the cones in a square on the court, spaced at a distance suitable for the level of the students. Make sure there is enough space between the cones so that students can move around freely.
2. Movement with Marking: Students begin to move within the square, going from one cone to another, following a sequence determined by the teacher. For example, they can start at cone A, go to cone B, then cone C, and so on. It is important to emphasize agile and efficient movement, maintaining proper posture and attention on the cones.
3. Specific Movements: In each cone, students must perform a specific movement before moving on to the next cone. This can include turns, jumps, changes of direction, dribbling, or any other movement predetermined by the teacher. Students should strive to perform the movements accurately and fluidly.
4. Exchange of Passes: After performing the specific movement in one cone, students must exchange passes with each other before proceeding to the next cone. They can be chest passes, overhead passes, under-leg passes, or any other type of pass determined by the teacher. The exchange of passes should be done quickly and accurately, emphasizing communication and collaboration between students.
5. Variations and Challenges: As students become familiar with the exercise, the teacher may introduce additional variations and challenges. For example, increase the speed of the movement, add extra obstacles or cones to dribble around, or even time the total time needed to complete the course.
6. Time and repetitions: Determine a period of time for performing the exercise or establish a specific number of repetitions. Encourage students to challenge themselves and seek to improve the quality of movement, marking on cones, and accuracy on passes.

This activity allows students to improve their movement on the court by combining cone marking and passing exchange. They will develop skills of agility, motor



4. Tray Execution: During the jump, students should focus on the correct tray technique, maintaining control of the ball and launching it toward the basket with precision. It is important to emphasize arm extension, body alignment, and gentle touch when finishing the throw.

5. Repetitions and Feedback: Students should perform several repetitions of the exercise, alternating the starting position and varying the angle of approach in relation to the basket. The teacher should provide continuous feedback, correcting the technique, encouraging accuracy, and highlighting the importance of jump timing at the right time.

6. Progression and Challenges: As students demonstrate progress, the teacher can increase the difficulty of the exercise by changing the position or height of the object to be jumped. This will help to improve the ability to adapt the jump to different game situations and to improve the technique and confidence in the execution of the tray.

This exercise allows students to practice the final jump in the tray movement in the bottle, developing the ability to perform the throw accurately and efficiently. In addition, it stimulates the timing of the jump, motor coordination and control of the ball during the throw. Gradual progression and additional challenges ensure continuous improvement and preparation for real game situations.

VIDEO ACTIVITY: <https://youtube.com/shorts/p223VIF9ryc>

66. Dribble with Spinning to the Basket

Objective: Develop the ability to bounce the ball with leg movement, pass the ball from behind and perform a spin to the basket in a scoring situation.

Description: In this exercise, the student will practice the dribble with spin to the basket, combining leg movements, ball control and reading the marking. The purpose

is to simulate a game situation in which the student needs to overcome the opponent's marking and finish efficiently.

Step by step exercise:

1. Initial positioning: The student begins with the possession of the ball, bouncing it near a reference point determined by the teacher.
2. Leg movement and passing from behind: The student performs leg movements, such as jumps or lateral displacements, while continuing to bounce the ball. At one point, she passes the ball behind her legs, switching control hands.
3. Marking and Turning: At this point, another person (or a cone) tries to mark the student. When perceiving the marking, the student performs a quick turn to the side opposite the marking, using rotation movements of the hip and feet. The spin serves to create space between her and the marker, opening up an opportunity for the finish.
4. Finishing for the Basket: After the spin, the student departs towards the basket, focusing on the correct tray technique, launching the ball towards the rim with precision and soft touch. It is important to emphasize the use of the dominant leg (stronger leg) to boost the jump and finish efficiently.
5. Repetitions and Variations: The student must perform several repetitions of the exercise, alternating the initial reference point, the intensity of the marking and the direction of the turn to the basket. It is recommended that the exercise be done on both sides of the court to develop the skill in both hands and directions.
6. Game Situations: As the student progresses, the teacher can introduce more challenging defense elements, such as individual or double marking, to simulate real game situations. This will help the student hone her ability to read the defense, make quick decisions, and execute the spin to the basket effectively.

This exercise allows the student to develop the ability to bounce the ball with leg movement, passing from behind and executing the spin to the basket. In addition to working on the technique of dribbling, the exercise promotes the reading of the mark, quick decision making and efficient finishing. The introduction of game situations adds realism and prepares the student to face real challenges during basketball matches.

VIDEO ACTIVITY: <https://youtube.com/shorts/stPj3YPj0Co>

67. Dribble with Specific Movements

Goal: To perfect the skill of dribbling in basketball, performing specific movements such as bouncing the ball higher and lower, and dribbling around various objects.

Description: In this activity, students will practice dribbling in a more dynamic and challenging way, exploring different specific movements with the ball. The goal is to develop motor coordination, ball control at different heights and the ability to dribble around obstacles, making them more skilled dribblers.

Step-by-step activity:

1. Arrangement of objects: The teacher places various objects on the court, such as cones, hula hoops, or other materials, creating a path for students to dribble around.
2. Dribble with Varying Height: Students begin the activity by dribbling the ball at different heights, ranging from higher dribbles to lower dribbling. They can alternate between high bounces and low bounces, challenging themselves to control the ball in both situations.
3. Dribble around the objects: Next, the students walk the path established by the teacher, dribbling the ball around the objects placed on the court. They must use fast and precise movements to avoid touching objects and maintain control of the ball throughout the course.

4. Dribble with variations: The teacher can propose variations in the activity, such as dribbling with only one hand, alternating between hands, or performing crossover movements (crossed dribble between the legs) along the course. These variations help develop coordination and the ability to dribble in different game situations.

5. Speed and Agility: As students become more skilled, the teacher can encourage performing the activity at high speed, stimulating agility and quick decision-making while dribbling.

6. Healthy competition: To make the activity more dynamic, the teacher can establish a competition between the students, timing the time each one takes to complete the course or assigning points for successful and fast dribbling. This competitive approach encourages students to put in more effort and dedicate themselves to exercise.

This movement-specific dribbling activity provides students with the opportunity to hone their ball control skills, motor coordination, and quick decision-making during the game. In addition, dribbling around objects and varying the height of the dribble makes the exercise challenging and fun, keeping students engaged and motivated in their basketball practice.

VIDEO ACTIVITY: <https://youtube.com/shorts/3FCdx0J9Ag0>

68. Dribble with bat

Objective: To improve the ball control and motor coordination of the students, using a stick while bouncing the ball with the non-dominant hand.

Description: In this activity, students will practice dribbling with their non-dominant hand while holding a stick with their dominant hand. The combination of these movements challenges motor coordination and stimulates precise control of the ball during dribbling.

Step-by-step activity:

1. Preparation: Students position themselves in a wide area of the court, each with a basketball and a bat.

2. Dribble with the non-dominant hand: Students start the exercise by bouncing the ball with the non-dominant hand. They should focus on maintaining firm control of the ball, keeping it close to the body and avoiding uncontrolled bounces.

3. Use of the bat: Students hold the bat with the dominant hand and begin to explore different movements while continuing to bounce the ball. Some examples of moves with the stick include:

- Pass the ball over the bat: Students can practice passing the ball over the bat while continuing to bounce. This requires coordination between the hands to ensure that the ball successfully passes through the bat without losing control.

- Drop and Hold the Bat: Students can drop the bat and hold it again while dribbling the ball. This variation in movement helps develop the ability to recover the bat quickly and maintain control of the ball.

4. Variations of movements: The teacher can propose different variations of movements with the bat, such as turning it while dribbling, performing back and forth movements with the stick or even alternating hands while holding the bat. These variations add extra challenges to the activity and stimulate students' creativity.

5. Focus on control and coordination: Throughout the exercise, it is important for students to keep their focus on ball control and hand coordination. They must strive to keep the ball bouncing steadily and perform the movements with the bat in a smooth and controlled manner.

This bat dribbling activity provides students with a fun and challenging way to improve ball control, motor coordination, and the ability to make precise movements while

dribbling. The combination of the dribble with the non-dominant hand and the use of the bat creates an interesting dynamic, helping students develop versatile skills in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/mm0iaiyA5BE>

69. Moving Around the Cones for Throwing

Objective: To develop the agility, motor coordination and throwing of students through a movement around cones positioned in front of the basket.

Description: In this activity, students will be facing the basket and will perform a movement around cones positioned in front of them. After circling the cones, they will set off for the throw, applying the game movement learned during the activity.

Step-by-step activity:

1. Preparation: Position two cones in front of the students, forming a straight line that extends horizontally in relation to the basket. Be sure to leave enough space between the cones so that students can move around freely.
2. Movement around the cones: Students start the activity by dribbling the ball and moving around the cones. They must perform a circumference-shaped movement, bypassing the cones and maintaining control of the ball throughout the course.
3. Variations of movements: Students can explore different variations of movements while moving around the cones. Some examples include:
 - Change of direction: Students can alternate the direction of movement, circling the cones clockwise and then counterclockwise. This helps to develop agility and the ability to adapt to different situations during the game.

- Speed variation: Students can practice moving around the cones at different speeds. They can start slower, focusing on technique and ball control, and then increase speed to simulate a more dynamic game situation.

4. Pitch: After circling the cones, students set off to pitch toward the basket. They should apply the game movement learned during the activity, focusing on accuracy and control of the ball during the throw.

5. Repetition and progression: Students should repeat the activity several times, focusing on improving movement around the cones and throwing. The teacher can introduce progressions, such as adding obstacles or increasing the distance between the cones, to further challenge the students.

This activity of moving around the cones for throwing provides students with the opportunity to hone their agility, motor coordination, and throwing skills. The movement around the cones simulates game situations and allows students to practice throwing in different contexts. It is important to encourage concentration and precision throughout the activity, encouraging the development of technical and tactical skills in basketball.

VIDEO ACTIVITY: <https://youtu.be/ODexi6EgHe0>

70. Progression with the Ball in Determined Movements

Objective: To develop the ability to progress with the ball and the control of the dribble, performing determined movements according to different moments of play.

Description: In this exercise, students will progress with the ball all over the court, following markings of certain movements that simulate specific game situations. The activity is carried out in a row, where each student advances with the ball, performs the established movements and passes the ball to the next student.

Step-by-step activity:

1. Preparation: Mark a course on the court, defining specific reference points and movements that students must perform during progression. For example, you can establish markups for the following moves: dribble, stop, continue, stop.

2. Queue formation: Arrange students in a row, one behind the other, at the starting line. Make sure there is enough space between students so that they can perform the given movements with ease.

3. Beginning of progression: The first student begins the progression with the ball, performing the dribble movement as he advances through the court. The other students wait their turn in line.

4. Execution of the determined movements: As the students advance, they must perform the movements determined in the course markings. For instance:

- Dribble: Students must dribble the ball while moving in a straight line.

- To: In specific markings, students must stop the dribble and maintain control of the ball.

- Continues: In the other markings, students must continue the dribble and progression through the court.

- To: In other markings, students must again stop the dribble and maintain control of the ball.

5. Passing the ball: After performing the determined movements, the first student passes the ball to the next student in line, who then performs the progression following the same course and the same movements.

6. Repetition and progression: The activity continues with each student in line performing the progression with the ball and performing the determined movements.

The teacher can introduce variations, such as increasing the speed of progression, adding obstacles or establishing more complex movements, according to the skill level of the students.

This progression exercise with the ball in certain movements aims to develop the ability to progress, control of the dribble and the ability to execute specific movements at different times of the game. The activity provides students with the opportunity to practice ball control in challenging situations, as well as stimulate concentration, decision-making and motor coordination.

VIDEO ACTIVITY: <https://youtu.be/TrM6EN-lTng>

71. Low Ball Control with Drag Motion

Objective: To develop the control of low ball next to the body, combined with the movement of dragging an object around the court surrounding the bottle. This exercise aims to improve speed, ball control and foot agility.

Description: In this activity, the students will practice controlling the ball at a low height next to the body, while dragging an object across the court in a circular motion around the bottle. The goal is to improve motor coordination, agility and the ability to control the ball in challenging situations.

Step-by-step activity:

1. Preparation: Distribute cones or other objects around the bottle, forming a circular path. Make sure there is enough space for the students to perform the movements without difficulty.
2. Positioning: Students should position themselves with the ball in one hand, keeping it at a low height next to the body. In the other hand, they hold the object that will be dragged across the court.

3. Drag movement: The students begin to move around the bottle, dragging the object around the court. It is important that they keep the ball at a low height by hitting it on the ground with one hand, while controlling the object with the other hand.

4. Ball control: During the dragging movement, students should focus on keeping control of the ball close to the body, performing gentle hits on the ground. It is essential that they keep their eyes turned forward, observing the path and obstacles.

5. Speed and agility: As students become more comfortable with ball control and object drag, the teacher may encourage them to increase the speed and intensity of the exercise. This will challenge the agility of the feet, the ability to maintain control of the ball at high speed and the coordination between movements.

6. Variations and challenges: The teacher can introduce variations in the course, such as adding obstacles that the students must circumvent or changes in the direction of movement. This will provide extra challenges, stimulating quick decision-making and adaptation to different situations.

This low-ball control exercise near the body, combined with the movement of dragging an object across the court, is a great way to develop speed, ball control, and foot agility. Students will have the opportunity to improve motor coordination, concentration and the ability to perform precise movements in game situations.

VIDEO ACTIVITY: <https://youtube.com/shorts/rtUX4DBKvzw>

72. Dribble Ladder with Deep Pass and Shot

Objective: To develop ball control, accuracy in the deep pass and finishing with pitch inside the bottle. This exercise aims to improve motor coordination, decision-making and the ability to perform specific movements during the game.

Description: In this exercise, the student will walk a predetermined dribble ladder, performing specific movements with the feet. At the end of the ladder, he will make a deep pass to the coach, who will return the ball. The student will then perform a move determined by the coach and receive the ball to finish with a throw inside the bottle.

Step-by-step activity:

1. Preparation: Place a dribble ladder on the floor, with spaces between the steps. Each step represents a specific movement to be performed with the feet during the dribble. Make sure there is enough room for the student to walk the ladder without difficulty.
2. Dribble on the ladder: The student begins the exercise by dribbling the ball and running the dribble ladder. Each step of the ladder represents a specific movement to be performed with the feet, such as jumping, stepping sideways, stepping backwards, among others. The goal is to maintain control of the ball while executing the determined movements.
3. Pass in depth: At the end of the dribble ladder, the student performs a deep pass to the technician, who will be positioned in a certain area. The pass must be accurate and strong enough to reach the coach.
4. Movement and receipt of the ball: After making the pass in depth, the student performs a specific movement determined by the coach. It can be a cut towards the basket, a diagonal run, a change of position, among other options. The goal is to create a game situation in which the student will have to move to receive the ball.
5. Submission with pitch: The coach returns the ball to the student, who performs the receiving and finishes with a pitch inside the bottle. It is important for the student to focus on the throwing technique while maintaining the precision and fluidity of the movement.
6. Repetition and variations: The exercise can be repeated several times, allowing the student to improve ball control, passing accuracy, and pitch finishing. The coach can

vary the movements of the dribbling ladder, the movements after the pass in depth and the types of finishing, providing different challenges with each repetition.

This dribbling ladder exercise with deep passing and pitching inside the bottle is an excellent way to develop ball control, passing accuracy, and finishing in game situations. The student will have the opportunity to improve motor coordination, quick decision making and the ability to perform specific movements during basketball practice.

VIDEO ACTIVITY: <https://youtu.be/TUkRdczVgSk>

73. Movement with Cones and Double Turn for the Basket

Goal: To develop agility, ball control and double-spinning movement to facilitate feints during the game of basketball.

Description: In this exercise, students will walk the court using cones as a reference for their movement towards the basket. As they approach the basket, they will perform a double spin to make it easier to perform feints during the game.

Step-by-step activity:

1. Preparation: Arrange cones along the court, forming a path towards the basket. The distance between the cones can vary according to the skill level of the students and the space available on the court.
2. Movement on the court: Students begin the exercise by dribbling the ball and moving between the cones. They should pay attention to proper dribbling technique, keeping the ball close to their body and controlling it with both hands.
3. Double spin: As students approach the basket, they perform a double spin. The double turn consists of rotating the body twice quickly in the opposite direction, using

The student holds the basketball with her dominant hand and the other ball with her non-dominant hand.

2. Constant movement in the feet: The student maintains a constant movement in the feet, without leaving the place, to keep herself in a balanced position and ready to perform the passes.

3. Pass with the basketball: Using the dominant hand, the student makes precise passes to her colleague. Passes can be varied, such as chest pass, over the head pass or chopped pass, depending on the distance and position of the colleague.

4. Control of the second ball: While performing the passes with the basketball, the student maintains control of the other ball with the non-dominant hand. This requires concentration and motor coordination to prevent the ball from escaping or hindering the execution of passes.

5. Focus on accuracy and technique: During the activity, it is important that the student focuses on the accuracy of the passes, seeking to hit the target (the colleague) efficiently. In addition, she must pay attention to the proper technique of passing, such as using the appropriate force, the correct positioning of the hands and the trajectory of the ball.

6. Switching positions: After a set period of time or an established number of passes, the students can switch positions, allowing the other to also practice ball control and passing.

This exercise provides the student with the opportunity to develop ball control with the dominant hand, while challenging her to coordinate movements with the non-dominant hand. In addition, the constant movement in the feet helps to improve balance and agility. With regular practice of this exercise, the student will hone her passing skills and her mastery of the ball, becoming more confident and efficient during basketball games.

VIDEO ACTIVITY: <https://youtu.be/QXpxBZ3rnHE>

75. Motor Circuit with Noodles, Arc and Cone

Objective: To develop motor skills, ball control and movement in basketball.

Description: In this motor circuit, noodles, bow and cone will be used scattered around the basketball court. Each element has a specific function in the training, providing varied challenges and stimuli to the students. The goal is to improve ball control, precision in movements and agility of players.

Step-by-step motor circuit

1. Preparation: Position the elements of the circuit around the court. Use the bows to mark the students' stride, the hula hoops on the ground for better control of the ball on the dribble and the cones to delimit the areas of movement.
2. Movement with dribbling: Students will start the motor circuit by performing movements with the ball, dribbling around the cones and the hula hoops on the ground. The focus is on maintaining control of the ball while performing different movements such as zigzag, change of direction and speed.
3. Pass in the arcs: After the phase of movement with dribbling, students must perform passes inside the arcs. They must move around the court and, when getting close to an arc, perform a controlled stride, maintaining balance and coordination.
4. Return to the dribble: After going through the arches, students return to the phase of movement with dribbling, continuing to go through the circuit and dribbling around the cones and hula hoops.
5. Repetitions and variations: The circuit can be repeated several times, allowing students to hone their ball control, movement, and stride skills. In addition, the teacher

4. Repetitions and variations: The exercise can be repeated several times, allowing the student to improve their dribbling in zigzag. The teacher can introduce variations, such as increasing the speed of movement or adding extra obstacles around the cone, further challenging the student.

The zigzag dribble exercise is a great way to develop ball control and the ability to dribble in different directions, preparing the student for real game situations. With the regular practice of this exercise, the student will improve his motor coordination, speed and agility with the ball.

Exercise 2 - Remove the Object from the Cones

Goal: Improve ball control and dribbling ability while performing an additional task.

Description: In this exercise, the student will practice dribbling while removing an object from above the cones. The goal is to develop ball control, concentration, and the ability to multitask simultaneously.

Step by step exercise:

1. Positioning: Place cones scattered around the court, with lightweight objects (such as plastic cones) balanced on top of them.
2. Dribble and remove the object: The student begins to bounce the ball and moves towards the cones. When it is next to a cone, it must remove the object from the top of the cone, without stopping to dribble the ball. It then continues to move through the cones, repeating the process in each of them.
3. Focus on ball control and concentration: During the exercise, the student should maintain control of the ball while removing the object from the cones. It is important to emphasize the concentration and coordination required to accomplish the additional task without compromising ball control.

4. Repetitions and variations: The exercise can be repeated several times, allowing the student to improve their ability to dribble and remove objects from the cones. The teacher can introduce variations, such as increasing the distance between the cones or using objects of different sizes, further challenging the student.

This exercise of dribbling and removing objects from the cones is a great way to develop ball control, concentration, and the ability to multitask in basketball. With regular practice of this exercise, the student will hone their technical and cognitive skills, becoming more efficient and confident in game situations.

VIDEO ACTIVITY: <https://youtube.com/shorts/4kfJxNVPN4g>

77. Competition for the Cone with Quicar de Bola

In this exercise, two students position themselves facing each other, with the ball placed in the middle of them. The goal of the game is that the student who catches the ball must run to avoid being caught by her colleague. This activity focuses on the development of agility and reaction speed of the students.

Step by step exercise:

1. Positioning: The students position themselves facing each other, with an adequate distance between them.
2. Start of the game: The teacher or instructor throws the ball in the middle of the two students. They both try to get the ball as fast as possible.
3. Running to avoid getting caught: The student who catches the ball must run and move around the court, trying to prevent her classmate from touching her. The other student must pursue and try to reach her.
4. Intensity and strategy: The game can be performed with different levels of intensity, depending on the ability and physical conditioning of the students. They may adopt

strategies such as changes of direction, acceleration and deceleration to make it harder to pursue the other.

5. Variations: The exercise can be modified according to the specific objective. For example, students may be instructed to catch the ball and perform a pitch before starting the run to avoid getting caught.

This exercise is a fun and challenging way to develop students' agility, reaction speed and competitive spirit. In addition, it promotes teamwork, quick decision-making and motor coordination. It is important to emphasize the importance of fair and respectful play, encouraging collaboration and fair play among students.

VIDEO ACTIVITY: <https://youtu.be/pkK6siH6QW4>

78. Cone Challenge with Ball Bounce

Objective: To develop agility, reaction speed and ball control.

Description: In the Cone Challenge with Ball Bounce, two students face each other, with a cone positioned between them. Both bounce the ball and, to the sound of the teacher, the goal is to be the first to catch the cone before the colleague, without losing control of the ball. This competition stimulates students' agility and reaction speed while maintaining control of the ball during the challenge.

In addition, another part of the activity consists of bouncing the ball in an area predetermined by the teacher, directing the movement in circles. In this variation of the exercise, students must bounce the ball within a specific area, following a circular pattern. This helps improve students' ball control and motor coordination while performing circular motions when bouncing the ball.

80. High Dribbling and Ball Control

Goal: Develop ball control and the ability to perform high dribbling.

Description: The High Dribbling and Ball Control exercise aims to encourage students to improve ball control and become familiar with different types of high dribbling. In this exercise, the teacher passes the ball between the students' legs, encouraging them to maintain control and perform high dribbles to regain possession of the ball.

During the activity, students are challenged to be familiar with the ball, practicing the control and coordination necessary to maintain mastery of the ball as it is passed between their legs. This helps improve ball control ability in game situations, where agility and dexterity are key to successfully dribbling past opponents.

In addition, the High Dribbling and Ball Control exercise also helps students develop confidence in handling the ball at higher heights. The goal is for students to feel comfortable executing high dribbling, which can be a strategic advantage in basketball, allowing them to overcome defenders and create attacking opportunities.

This exercise provides specific training for ball control and the improvement of high dribbling, contributing to the development of students' technical and tactical skills in basketball.

VIDEO ACTIVITY: https://youtu.be/pKiFnG_7GpQ

81. Ball Control with Resistance Rope

Objective: Gain strength in ball control and strengthen balance to face the resistance of an opponent in the game.

Description: The Ball Control exercise with Resistance Rope is an activity that aims to strengthen the ball control of students and develop the balance necessary to overcome

83. Ball Driving Motor Circuit

Objective: To improve the driving of the ball and develop specific skills through a circuit with several stations.

Description: The Motor Ball Driving Circuit is an activity that aims to improve the ability of students to drive the basketball, providing different stimuli and challenges in each station of the circuit.

The circuit consists of several stations, each with a specific purpose. At a station, an obstacle can be placed for students to dribble as they pass through it. At another station, objects can be arranged on the ground in order to create a zigzag course, where students must dribble the ball between them.

The circuit can be organized according to the creativity of the teacher and the availability of material. It is important to ensure that the stations offer varied challenges to stimulate different skills such as ball control, speed, agility and accuracy.

An interesting option is to turn the circuit into a competitive game, dividing the class into two teams. Students can walk the circuit in the form of a relay, where each player performs one station and moves on to the next. The goal is to complete the circuit in the shortest possible time. This competitive approach encourages cooperation and team spirit, as well as adding an element of fun and motivation to the activity.

This exercise provides students with a dynamic and challenging experience, promoting the improvement of technical skills in basketball. In addition, it develops the ability to make quick decisions, teamwork and the ability to adapt to different game situations.

It is important that the teacher is present at each station, offering guidance, corrections and encouraging students along the circuit. Continuous feedback and positive encouragement are key to student development and maximizing the benefits of the activity.

The Motor Ball Driving Circuit is a great way to make basketball training more dynamic and fun, providing students with a challenging and stimulating environment to hone their technical and tactical skills.

VIDEO ACTIVITY: <https://youtube.com/shorts/ybXXCkKkygM>

84. Dribble Exercises with Movement

Objective: To improve the dribble and movement of students, focusing on the use of the non-dominant hand and changes of direction.

Description: The Dribble Exercises with Movement are activities developed to improve the dribbling skills of the students, especially using the non-dominant hand, and work on the ability to make changes of direction during the game.

During the exercise, the teacher uses cones to mark specific trajectories that students must follow while dribbling the basketball. It is essential that students practice the dribble using the non-dominant hand, promoting the development of ambidextrous skill.

In addition, the exercises involve changes of direction, in which students must be able to quickly change the course of the dribble, either through cuts, turns or other movements determined by the teacher. These changes of direction are essential to overcome opponents during a real basketball game.

The sequence of exercises may vary according to the teacher's preference. It is important that each student has the opportunity to practice the dribble with the non-dominant hand and perform the changes of direction at different speeds and intensities.

During the performance of the exercises, the teacher should provide individual guidance, correct the dribbling technique, encourage the use of the non-dominant

hand and offer constant feedback to the students. This direct interaction is critical to improving skills and developing the fundamentals of basketball.

Moving Dribble Exercises provide students with the opportunity to improve ball control, motor coordination, and agility during play. In addition, by using the non-dominant hand and practicing the changes of direction, students acquire greater versatility and ability to adapt to game situations.

It is important to emphasize that the regular practice of these exercises contributes to the complete development of the basketball player, making him more confident and efficient both in driving the ball and in making decisions during matches.

Moving Dribble Exercises are a key part of basketball training, helping students hone their technical and tactical skills, and preparing them to take on challenges during games.

VIDEO ACTIVITY: <https://youtube.com/shorts/vj6hEpTGR1w>

85. Progression Exercise with Marking Resistance

Objective: To develop the ability to progress with the ball facing scoring resistance and to improve the skills of dribbling under pressure.

Description: The Progression Exercise with Marking Resistance is an activity designed to enhance students' ability to progress with the ball facing marking resistance from another player.

The exercise involves two students, one acting as the defender and the other as the player who progresses with the ball. Both start in the same place, and the player's goal with the ball is to advance toward a predetermined distance, dribbling the ball while facing the defender's marking resistance.

During progression, the defender must utilize proper marking techniques, such as proper positioning, quick lateral movements, and attempts to intercept the ball. The player who progresses with the ball, in turn, must utilize his dribbling skills to protect the ball and advance toward the goal.

The predetermined distance may vary according to the skill level of the students and the specific objectives of the training. It is important that the marking resistance is challenging, but still feasible for the player to progress with the ball.

During the exercise, the teacher can provide guidance and instruction to students, encouraging the use of proper dribbling techniques, such as changes in direction, speed and ball protection. The main focus is to develop the player's ability to dribble under pressure and make quick and effective decisions during the game.

The Progression Exercise with Marking Resistance is beneficial for students as it helps them develop physical and mental stamina, increase the ability to face opponents, and hone dribbling skills in challenging situations. In addition, the activity promotes decision-making under pressure and adaptation to real game situations.

It is important to emphasize that the safety of students should always be considered during the performance of this exercise. Physical contact should be avoided, and students should be instructed to practice the exercise in a controlled manner and respecting their partner's limits.

The Progression Exercise with Marking Resistance is an important part of basketball training as it helps students develop the skills needed to face defensive pressure and progress with the ball efficiently. The regular practice of this exercise contributes to the complete development of the players, preparing them for the challenges faced during the matches.

VIDEO ACTIVITY: <https://youtube.com/shorts/lzE7Oo-IRbY>

86. Circulation in the Bottle for Receipt of Pass

Objective: To stimulate the movement in the attack, promoting the circulation of the students in the space of the bottle to receive passes efficiently.

Description: The Circulation exercise in the Bottle for Receiving Pass is designed to develop the movement of the students in the attack, encouraging them to create spaces and receive passes efficiently.

The exercise involves a group of students positioned on one side of the bottle and a student or coach positioned elsewhere on the court with the ball. The student with the ball will make the pass to one of the students in the bottle, and then all the students in the bottle must initiate a circular movement towards the student with the ball.

The circular movement in the bottle aims to create spaces for students to receive passes and advance towards the basket. They must use quick moves, cuts, and changes of direction to clear themselves from defenders and be ready to receive the pass.

The student with the ball must be attentive to the movements of her colleagues in the bottle and make the pass at the right time, aiming to find an unmarked student and in a favorable position to finish the attack. It is important that students practice reading the game, making quick decisions about when and to whom to pass the ball.

During the exercise, the coach or a colleague can act as a defender, simulating defensive pressure and creating a more realistic situation. This will help students develop their movement and decision-making skills under pressure.

In addition, it is important to emphasize communication between students during the exercise. They must communicate verbally or through signs to indicate the intention to receive the pass or create spaces for colleagues. Efficient communication is essential to the success of the attack.

The Pass Receiving Circulation exercise is a dynamic and challenging activity that stimulates movement, communication and teamwork in attack. It helps students develop the ability to find spaces, receive passes efficiently and finish accurately. The regular practice of this exercise contributes to the improvement of the performance in the game and the complete development of the individual and collective skills of the students.

VIDEO ACTIVITY: <https://youtu.be/hR5TILLQusE>

87. Change of Direction with Fast Dribble

Objective: To develop the ability of students to change direction with the ball without losing control, stimulating speed in the execution of the movement.

Description: The main objective of the Change of Direction with Fast Dribble exercise is to improve the students' ability to make quick changes of direction with the ball, while maintaining control of the dribble.

The exercise can be performed on a basketball court, with markings on the floor indicating the points of change of direction. The markings can be cones or lines drawn with adhesive tape, positioned at different distances and directions

Students will start the exercise at a starting point with the ball in hand. From the signal of the teacher or coach, they will start the dribble and move towards the first mark. Upon arriving at the marker, they must make a quick change of direction, maintaining control of the ball, and head to the next indicated marking.

The goal is to go through the entire circuit of markings, making quick and precise changes of direction. Students should strive to maintain speed throughout the exercise by performing smooth transitions between changes of direction.

By incorporating these activities into a basketball training session, students will have the opportunity to hone their technical and tactical skills, as well as gain confidence and physical preparation to take on challenges in the game.

VIDEO ACTIVITY: <https://youtube.com/shorts/Jjnnlq4xEn8>

89. Changing Hands in Quique

Objective: To develop motor coordination, ball control and the ability to change hands during the bounce of the ball.

Description: The Hand Exchange exercise in Quique is an activity that aims to improve the motor coordination and ball control of the students, while they perform the change of hand during the bounce of the ball.

To perform the exercise, the student will hold two balls, one basketball and one of smaller size, in different hands. She will start bouncing the basketball on the ground, moving around the court. With each bounce of the basketball, the student will change hands with the other ball, passing it from one hand to the other.

The change of hands will occur whenever the student changes hands to the bounce of the basketball. For example, if she is bouncing the basketball with her right hand and decides to switch hands, passing it to her left hand, simultaneously she must also transfer the other ball from her left hand to her right hand.

During the exercise, it is important that the student maintains control of the basketball, performing precise and controlled bounces, and performs the change of hands with agility and fluidity. She will be able to perform varied movements, such as forward, backward, make turns or dribble in different directions, to make the exercise more challenging and stimulate the ability to adapt and react.

This exercise is beneficial for developing the ability to change hands during the bounce of the ball, which is an important technique in basketball. In addition, it assists in improving motor coordination, ball control and the ability to concentrate and make quick decisions.

The teacher or coach should guide the student during the execution of the exercise, offering feedback on the technique of bounce the ball, the fluidity in the change of hand and the control of the two balls. It is recommended that the exercise be practiced in a safe area and with enough space for movements.

With the regular practice of this exercise, the student will develop greater ball control skills, motor coordination and the ability to change hands during the bounce, which will contribute to her performance in the game of basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/oklll- Zhxl>

90. Dribble Variations in Basketball

Goal: Develop ball control skills and improve dribbling techniques, including dribbling between legs and dribbling in motion.

Description: The Basketball Dribble Variations exercise aims to offer students the opportunity to explore different ways to dribble the ball, enhancing their control skills and motor coordination.

During the exercise, several dribbling variations will be presented for students to practice. One of the variations is the dribble between the legs, in which the student performs the movement of passing the ball from one leg to the other, maintaining the control and fluidity of the dribble. This technique is useful for overcoming the opponent's marking and changing direction during the game.

Another variation is the moving dribble, in which the student dribbles the ball while moving around the court. This type of dribble is important to simulate real game situations, in which the player needs to dribble while advancing towards the basket or moving to better position himself on the court.

In addition, one way to hinder exercise and challenge students is to use a chair as an obstacle. Students should dribble the ball around the chair, practicing changing direction and adapting to the game environment.

It is important that students practice these variations of dribble in a repetitive way, seeking to perfect the technique and acquire greater confidence in the control of the ball. The teacher or coach can provide guidance on body posture, hand position, and dribbling rhythm, ensuring that students are correctly executing the techniques taught.

It is recommended that the exercise be performed on a suitable basketball court, with sufficient space for movements and without obstructions that can cause accidents. It is important that students are properly warmed up and stretched before starting the activity.

By practicing these dribbling variations regularly, students will develop greater skill in ball control, motor coordination, and adaptability during the game. These dribbling techniques are key to overcoming the opposing defense, creating passing and finishing opportunities, and excelling in basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/vhtYNZZIXZA>

91. Disc in the Head Challenge

Goal: Develop the ability to dribble the ball with different movements while maintaining balance with a puck in the head.



Description: The Head Discus Challenge exercise aims to hone the ability to dribble the basketball while students maintain balance with a disc in their head.

Each student will receive a disc that will be placed on top of the head. The task is to cross the court dribbling the ball with different movements while keeping the puck balanced on the head. The use of the puck is intended to keep students looking forward, focused on the surrounding environment and not just the ball. This helps develop spatial and temporal perception, since students need to maintain control of the ball as they move through space.

During the exercise, students can perform different dribbling movements, such as the one-handed dribble, the alternating dribble between the hands, the behind-the-body dribble, or even specific dribbles taught by the teacher or coach. The idea is to challenge students to dribble the ball fluidly while maintaining the balance of the puck in the head.

Importantly, the main goal is to maintain the balance of the puck in the head while dribbling the ball, and not necessarily perform advanced dribbling movements. Progression can occur as students gain confidence and skill, allowing them to experience more complex dribbling moves.

It is recommended that the exercise be performed on a suitable basketball court, with enough space for students to move around safely. It is important that students are properly warmed up and stretched before starting the activity.

The Disc in the Head Challenge is a fun activity that stimulates balance, motor coordination and concentration of students. In addition to honing their dribbling skills, students also develop the ability to keep their attention on the game while dribbling the ball. This activity can be used as part of a basketball workout or as a challenging game to stimulate focus and ball mastery.

VIDEO ACTIVITY: <https://youtube.com/shorts/hgXs4dTOepo>

92. Pliometric jump on the bench

Objective: To develop the muscle explosion, coordination and jumping skills used in basketball, especially for tray throwing.

Description: The Pliometric Jump exercise on the Bench is an activity that aims to improve the muscle explosion, coordination and jumping skills required in basketball, in particular for tray throwing.

The student will start in front of a bench or raised platform. Initially, he will jump with one leg, propelling himself from the ground and raising the opposite leg in the air. Upon landing, he will immediately switch to the other leg, jumping up from the bench or platform. Then he will come down from the bench using the opposite leg and repeat the movement, alternating legs with each jump.

It is important to emphasize the explosion in the jump, propelling yourself forcefully from the ground and trying to reach a maximum height in each jump. The student must maintain a correct posture, with the torso erect, the knees bent and the arms ready to propel the body upwards.

To complement this exercise, one can add a ball activity. For example, the student may hold a basketball during the plyometric jump and perform a tray throw after landing on the bench. This combination of plyometrics and tray throwing simulates a game situation and helps transfer the skills developed to actual basketball practice.

It is recommended that the exercise be supervised by a trainer or physical education teacher to ensure the correct execution of the movement and prevent injuries. It is important to start with a bench height appropriate to the student's skill level and, as the student progresses, increase the difficulty gradually, either by increasing the height of the bench or by adding variations to the exercise.

The Pliometric Jump on the Bench is an effective exercise to develop the muscle explosion, coordination and jumping skills used in basketball, especially for tray throwing. Through regular practice of this exercise, students can enhance their ability to jump with power and accuracy during game situations, contributing to better and more efficient performance on the court.

VIDEO ACTIVITY: <https://youtube.com/shorts/DVGICTFE9uQ>

93. Foot Agility and Moving Speed Training

Objective: To develop foot agility and travel speed in different directions, fundamental for basketball performance.

Description: The training of foot agility and speed of displacement is an activity that aims to improve the ability of basketball players to move quickly, with agility and efficiency, in different directions.

There are several variations of exercises that can be performed to work on these skills. Some examples include:

1. **Agility Ladder:** Using an agility ladder on the floor, players will perform different movement patterns, such as feet in the center, side jumps, squat movements, among others. The goal is to perform the movements with speed, maintaining the coordination and precision of the steps.
2. **Zigzag with Cones:** Cones are positioned in a straight line, with adequate spacing between them. Players will zig-zag around the cones, touching each of them quickly while maintaining control of the ball or performing passes between each other. It is important to emphasize the rapid change of direction and the agility of the feet during exercise.

3. T-run: A "T" shape is drawn on the floor using duct tape or cones. Players will run straight to the intersection of the "T" and then quickly change direction to run on one of the "T" legs. This exercise helps to develop acceleration, deceleration and change of direction at high speed.

4. Quick Reaction: The coach or other player can command the players' movements, such as "right", "left", "forward" or "backward", and the players must react quickly by moving in the indicated direction. This helps to improve reaction speed and foot agility.

It is important to note that these exercises can be performed both in physical training, focused on the development of athletic abilities, and in technical training, incorporating elements such as passes and throws during the execution of the exercises. This allows players to hone their technical skills in conjunction with foot agility and travel speed.

It is recommended that the exercises be adapted according to the age, skill level and physical condition of the players. It is important to start with simple movements and gradually increase the complexity and intensity as players progress.

Foot agility and moving speed training is essential for performance in basketball, as it allows players to move quickly in response to game situations, escape marking, and act with agility on both defense and offense. With regular practice of these exercises, players can hone their movement skills and become more efficient and competitive on the court.

VIDEO ACTIVITY: <https://youtu.be/PDLqck6kdd0>

94. Displacement and Throwing in the Bottle

Objective: Train the student to perform an efficient movement of the bottle and receive the ball in front of the basket, developing the vision of the game and the accuracy in the throw.

Description: The displacement and throwing exercise in the bottle aims to improve the student's movement within the area near the basket, allowing her to position herself properly to receive the ball and perform the throw with precision.

Exercise steps:

1. The student positions herself inside the bottle, next to the basket, with her back to it.
2. At the signal of the technician, the student begins to move out of the bottle, using fast and agile foot movement.
3. The student performs lateral, diagonal or zig-zag movements, simulating game actions and seeking to create spaces to receive the ball.
4. While moving, the student keeps her attention on the position of the basket, constantly visualizing it.
5. After traveling a predetermined distance or receiving a signal from the technician, the student begins the return movement into the bottle.
6. Upon re-entering the bottle, the student will be facing the basket and ready to receive the ball.
7. As soon as the student receives the ball, she performs the pitch using the appropriate techniques, aiming at the accuracy and success of the pitch.

During the exercise, it is important to emphasize the following points:

- Fast and agile movement: The student must move with agility, seeking to create spaces and confuse the opposing defense.
- Basket View: The student must maintain the view of the basket while moving, ensuring that it is positioned correctly to receive the ball and make the throw.

- Throwing technique: When receiving the ball, the student must apply the correct throwing techniques, such as proper body positioning, alignment of the upper limbs, and focus on the accuracy of the throw.

This exercise aims to develop the student's ability to move efficiently in the bottle, create shooting opportunities and improve her vision of the game. With regular practice, the student will be more prepared to receive the ball in real game situations and make throws with greater success.

VIDEO ACTIVITY: <https://youtu.be/SHylc8ZtuN0>

95. Dribble with Two Balls and Displacement

Objective: To improve the ball control and the movement of the students, developing skills to dribble with both hands and perform fast and precise movements.

Description: The exercise of dribbling, with two balls and displacement consists of challenging the students to dribble simultaneously with both hands while moving to a specific mark, turn around and return to the starting position. This activity aims to improve ball control, motor coordination and the students' ability to move.

Exercise steps:

1. Each student holds a basketball, one in each hand, positioned at waist height.
2. At the coach's signal, the students begin to dribble both balls simultaneously, maintaining a steady pace.
3. While dribbling, the students move toward a pre-established marking, such as a cone or a line on the floor.
4. Upon reaching the mark, the students go around it, keeping control of the balls and dribbling continuously.

5. After turning around, the students return to the starting position, still dribbling with both hands.

6. The exercise continues with the students repeating the displacement and the return, always dribbling with the two balls.

During the exercise, it is important to emphasize the following points:

- Ball control: Students should maintain good control of the two balls throughout the exercise, dribbling with both hands efficiently.
- Pace and speed: Encourage students to maintain a steady pace of dribbling by combining with fast moving movements.
- Lateral displacement: Students can move laterally, alternating between dribbling with their right hand and left hand, to work different movements and dribbling patterns.

This exercise challenges the students to improve their ability to control two balls simultaneously, developing motor coordination and the ability to move fast and precisely. With regular practice, the students will improve their ball control and their agility in the game, being prepared to face challenging situations during matches.

VIDEO ACTIVITY: <https://youtube.com/shorts/DMmYy3oB0o8>

96. Pick-Handle with Dribble Around Cones

Objective: To develop dribbling skills, agility and the ability to make quick decisions in a game situation, while students have fun with the game of pick-up.

Description: The activity of pick-up with dribbling around cones consists of arranging cones in the play space and challenging students to dribble the ball around the cones, without stopping to bounce it, while avoiding being caught by the student who is

behind. The goal is to encourage the development of ball control, agility and the ability to make quick decisions while students move around in the play space.

Activity steps:

1. Position the cones neatly in the play space, leaving enough spaces between them so students can dribble the ball around.
2. Choose one student to start as the "catcher" and the others will be the "runaways."
3. Runaways should start dribbling the ball as they move around the cones, keeping it bouncing all the time.
4. The catcher must try to reach and touch one of the fugitives.
5. Fugitives can change direction at any time, as long as they don't stop bouncing the ball and don't pass within the spaces between the cones.
6. If a fugitive is touched by the catcher, he becomes the new catcher and the game continues.
7. The goal of the runaways is to avoid being caught by the catcher as long as possible while continuing to dribble the ball around the cones.

During the activity, it is important to emphasize the following points:

- Ball Control: Students should focus on maintaining control of the ball while dribbling around the cones, practicing efficient dribbling and keeping the ball bouncing at all times.
- Agility and change of direction: Encourage students to be agile in their movements by changing direction quickly to avoid being caught by the catcher.

- Decision-making: Students should make quick decisions about when to change direction, taking into account the position of the gripper and the arrangement of the cones.

This activity promotes fun and interaction among students, while also working on their dribbling, agility, and decision-making skills in a game situation. In addition, it helps improve ball control and the ability to dribble around obstacles, essential skills for the game of basketball.

VIDEO ACTIVITY: <https://youtube.com/shorts/R-K5rRUDpoA>

97. Jumping and Throwing Training in the Bottle with Swiss Bank

Objective: To develop the ability of vertical jump and throwing inside the bottle, using the Swiss bench as a jumping platform.

Description: The training of jumping and throwing in the bottle with Swiss bench consists of using the Swiss bench as a platform to simulate jumping and throwing situations near the basket. Students will practice vertical jumping, receiving the pass and throwing inside the bottle, honing their technical skills and the coordination needed to execute these movements efficiently during a basketball game.

Steps of the training:

1. Position the Swiss bench next to the basket so that students can use it as a jumping platform.
2. Divide students into pairs, one player will be the "jumper" and the other will be the "passer."
3. The passer will position himself in an area near the basket, holding the ball.

4. The jumper will position himself in front of the Swiss bench, prepared to perform the jump.
5. The passer will make a pass to the jumper, who will jump off the Swiss bench, receiving the ball in the air.
6. Upon receipt of the ball, the jumper will execute a throw inside the bottle.
7. Students will alternate jumper and passer positions after each repetition.
8. Encourage students to focus on jumping technique, receiving the pass, and finishing the shot, prioritizing accuracy and efficiency.

During training, it is important to emphasize the following points:

- Vertical jump: Students should focus on performing an efficient vertical jump, propelling themselves from the Swiss bench upwards, to receive the pass at the highest possible point.
- Receiving the pass: Encourage students to extend their arms to receive the pass in the air, keeping their hands ready for the throw.
- Throwing in the Bottle: Instruct students to use a proper throwing technique, with a good extension of the arms and the use of the correct fundamentals for the shot near the basket.

This training aims to develop the jumping, passing and throwing skills in the bottle, essential for plays near the basket in basketball. The use of the Swiss bank provides a safe and effective platform to simulate these game situations, allowing students to practice and hone their technical skills.

VIDEO ACTIVITY: <https://youtu.be/-fF08L3b-7o>

98. Jumping Training and Lateral Displacements for Basketball

Objective: To develop the ability to jump, agility and lateral displacement, focusing on the specific demands of the game of basketball.

Description: The training of jumps and lateral displacements for basketball consists of a series of exercises that aim to improve the jumping ability, agility and lateral movement of the students, taking into account the specific demands of the game of basketball.

Steps of the training:

1. Set a circuit with obstacles, such as cones, ladders, or boxes, scattered around the basketball court.
2. Divide students into small groups and instruct them to start with the first exercise in the circuit.
3. Exercise 1: Vertical Jump - Students will perform vertical jumps over an obstacle, focusing on reaching the maximum possible height with each jump.
4. Exercise 2: Long Jump – Students will perform long jumps, jumping as far as possible from a given starting position.
5. Exercise 3: Lateral Displacement - Students will position themselves next to an obstacle and perform quick lateral displacements to the opposite side, repeating the movement several times.
6. Exercise 4: High Jump – Students will jump over a high obstacle, focusing on elevating their legs and successfully overcoming the obstacle.

Description: The exercise of movement in the bottle with lateral displacement and throwing consists of a sequence of movements performed by the student. The goal is to perform a movement at the entrance of the bottle, followed by a lateral displacement and finished with a precise throw. In addition, the dribble exercise with the ladder on the floor provides a training in agility and the ability to fake an opponent before leaving for the basket.

Exercise steps:

1. Position yourself at the entrance of the bottle, with the basketball in hand.
2. Start the exercise by performing a characteristic entry movement in the bottle, such as a feint, a low pole move, or a cutting move.
3. After the movement at the entrance of the bottle, perform a lateral displacement to the side opposite to the basket.
4. While moving laterally, maintain control of the ball by dribbling it with the hand corresponding to the side it is moving.
5. When you reach the end of the lateral displacement, position yourself to perform an accurate throw.
6. Focus on the correct mechanics of the throw, including the position of the feet, the alignment of the body, and the tracking of arm movement.
7. Execute the shot with confidence and precision, aiming for the basket.
8. Repeat the exercise several times, alternating the side of the lateral displacement and varying the input movements in the bottle.
9. At the end of the exercise, rest and recover properly.

During the exercise, it is important to emphasize the following points:

- Movement in the Bottle: Perform efficient and fast movements at the entrance of the bottle, taking advantage of spaces and seeking favorable positions for the throw.
- Lateral Displacement: Perform the lateral displacement with agility, maintaining control of the ball and proper posture.
- Ball Control: Maintain precise control of the ball throughout the exercise, dribbling it with confidence and avoiding dribbling errors.
- Accurate Pitching: Focus on the accuracy of the pitch, focusing on the correct technique and visualizing the basket before releasing the ball.
- Movement Variation: Try different entry moves in the bottle to enhance the ability to read the defense and make quick decisions.

Variations: To increase the difficulty of the exercise, it is possible to add a defender or use an object to simulate the presence of an opponent during the lateral displacement. In addition, it is possible to vary the distance of the throw or add time elements such as a stopwatch to perform the movement within a certain pre-established time.

VIDEO ACTIVITY: <https://youtu.be/EaSdb6iyL5w>

100. Leg Agility Circuit in Basketball

Goal: To develop leg agility and the ability to perform fast and precise movements in basketball while maintaining control of the ball. Increase proprioception and coordination of movements.

Description: The exercise of leg agility in basketball consists of a circuit of fast and precise movements, performed by the students, with the objective of developing the agility of the legs and the ability to perform specific movements. The exercise is performed with the presence of markings on the floor, which indicate the movements

to be performed. The basketball is used throughout the exercise to improve proprioception and control of the ball.

Exercise steps:

1. Position the markings on the ground, forming a circuit with different movements, such as jumps, lateral displacements, advances and retreats.
2. Explain to the students that they must go through the circuit, performing the movements indicated by the markings, according to the order defined by the teacher.
3. Start the exercise with a light warm-up, performing simple moving movements and jumps without the ball.
4. After warming up, instruct students to pick up the basketball and start the circuit.
5. During the execution of the circuit, students must perform the movements indicated by the markings, maintaining control of the ball at all times.
6. The order of the movements can be determined by the teacher, alternating between jumps, lateral displacements, advances and retreats.
7. Encourage students to perform the movements with speed and precision, focusing on coordination between leg movements and ball control.
8. Repeat the circuit several times, gradually increasing the intensity and speed of the movements.
9. At the end of the exercise, perform a stretch to relax the muscles.

During the exercise, it is important to emphasize the following points:

- Leg Agility: Encourage students to perform the movements quickly and accurately, keeping their feet slightly apart and their knees flexed.



- Ball Control: Instruct students to maintain control of the ball throughout the exercise, using smooth and controlled movements.
- Proprioception: Explain to students the importance of developing proprioception, i.e., awareness of the body and ball in space, to perform movements efficiently.
- Coordination: Encourage students to coordinate leg movements with ball control, maintaining good balance and fluidity in movements.

Variations: To increase the difficulty of the exercise, it is possible to add obstacles or reduce the space available for movements. In addition, the teacher can combine different sequences of movements to be performed by the circuit, challenging students to adapt quickly to changes.

VIDEO ACTIVITY: <https://youtube.com/shorts/Ey5x7aYi-GY>