

Indoor Activities

Hey kids! Do you ever get to a basketball court alone, with one or more friends and wonder what fun games you could play? Well this is the page for you. Here are some fun activities that you can do by yourself or with friends when there is a basketball court available.

Grab a basketball or the necessary equipment needed and let the fun begin.

You can play games against the professional players like Lauren Jackson or Andrew Bogut and keep up with your score. You can also compete against yourself or friends. There are tons of fun activities just waiting for you to do. You might even add some of your own to the list of activities. Let's get started with all the fun!

Activity pages:

- Ball handling
- Shooting in the Air
- Sit-ups/Push-ups
- Jump Rope
- Line Jumping

Ball Handling Drills-(You will need a basketball for this drill)

Body wraps - Using two hands wrap the basketball around your ankles, your waist, and your head 10 times each.

Single leg wraps (left) - Using two hands wrap the basketball 10 times around your left leg (it is usually quickest to wrap the ball around the ankle area)

Single leg wraps (rights) - Using two hands wrap the basketball 10 times around your right leg.

Figure-8 wraps - Using both hands, starting with the ball between your legs, wrap the ball around each leg making sure to go between your legs each time. Do this 10 times.

Figure-8 dribbling- Using the same movement as in the figure 8 wraps move the ball between your legs using a dribble. When you go around your right leg use your right hand. Cross the ball in the middle of your legs to your left hand then use your left hand to dribble the ball around your left leg. Then cross the ball over again between your legs back to your right hand. Do this 10 times. Each time the ball moves between your legs, count this as 1.

Quick-hands - Using 2 hands hold the basketball between your legs with one hand in front of the ball and your legs and 1 hand behind the ball and your legs. See if you can quickly switch your hands without the basketball falling to the ground. Do this 20 times.

Record on a sheet of paper at home how long it took you to complete each drill. Perform the drill again to see if you can do it just a little bit quicker. This drill will help you become a better ball handler.

Shooting in the Air

Begin this activity by laying on your back on the floor. Place the basketball in your shooting hand above your head. Practice shooting the basketball into the air using proper shooting technique. The ball should come straight back to you without you having to move. Remember to keep your elbow in close to your body and work on snapping your wrist as you shoot. This will help the ball have good back spin which will improve your shooting percentage. Also this will help you develop into a much better shooter.

Perform this activity 20 times. Record how many shots out of 20 came back to you without you needing to move to catch it. Try to improve on this score each time you attempt this activity.

Sit-ups/Push-ups

Sit-ups are a great exercise for the body. They help you develop your mid-section to give you greater balance, flexibility and strength. You might also be surprised to learn that you use these same muscles when you are sprinting or running, so it's good to have strong abdomen muscles to help you run faster. Sit-ups also build stronger muscles which are useful in burning excess weight from your stomach area.

It's important when doing sit-ups to have proper technique. You don't want to get hurt, so here are a few tips.

- Place your hands beside your head with your elbows out. Do not bring them in close to your face. This will pull on your neck muscles and can injure your neck.
- Keep your back straight and use your stomach muscles to lift your shoulders off the ground. You do not need to go up any further than this.
- Keep both feet on the ground

Now let's try it! Perform 10 sit-ups on your own.