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Jeux ludique basket

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Learn the rules and how to play basketball! Here are some ideas for teaching your kids to play basketball through fun games. This introduction focuses on three themes: Passing, Shooting, and Dribbling! The Rules of Basketball: * Don't leave the playing area. * "Marching" is only allowed by dribbling with the ball. * No restarting a dribble or dribbling with two hands after stopping. * No contact with opponents. * No intentional foot action on the ball. Passing in Basketball: * Treasure Hunt: Divide children into teams of 2-3 players. Each team has one ball. They must cross "The Caribbean Sea" (the court) to collect treasure coins (shoes or laundry pins) and bring them back to their "treasure chest" (hoop). No dropping the ball or walking with it. * Deminer: Teams of 3-4 players, one ball per team. Defuse the bomb given by the coach by putting it in the hoop. The ball must not touch the ground (no dribbling), and players cannot "march" with the ball. Players can dribble in the minefield zone. Variations: * Delayed Bomb: 7 seconds (+/- depending on skill level) to defuse the bomb. * Bonus Points for using corridors: 1 bonus point for the team that uses all three corridors. * 3-1: Add a defender and reinsert dribbling: The defender is the previous team's shooter. Passing at 10: Two teams of two players each, one ball. Each pair has half the court and cannot cross to the other side (idea to break up group play). Players can tolerate one dribble per player (to get out of a defender or move closer to their teammate). Variations: * Remove zones to see if players can play without reverting to group play. * Evolve the game on all-terrain with the goal of scoring 2x2 all-terrain with removed zones and no mandatory 10 passes. Retire zones and add dribbling; 2v2 all-terrain Optional Joker: Coach acts as a relay in passing. US-Foot Basketball: Two teams, one ball. Match without dribbling with the goal of depositing the ball into the hoop (touchdown). 1 point per touchdown. Apply basketball rules: marching, fouls, 5 seconds, 3 seconds, and 24 seconds. **Return to Zone Variations** * Possibility of prohibiting shots in mid-air or behind-the-back. * Adding a shot to the racket, possibility of adding a dribble to get to the circle. * Possibility of adding a coach's joker if the exercise is too difficult: the joker acts as a relay for passes. **Petit Jeu - La Statue** * 1 ball per child, max 3 children per group (add more spots if necessary). * 3 plots at 3 meters maximum from the basket. * Children shoot with one hand and try to score a "ficelle" while staying bent-elbowed until the ball hits the floor. * Change plots after each ficelle. The child who scores the most ficelles wins. **Petit Jeu - Le Kangourou** * 1 ball per child, max 3 children per group (add more plots if necessary). * 3 plots at 3 meters maximum from the basket. * Children shoot with two hands and try to score a basket while jumping four times on spot, maintaining the ball above their eyebrows: NO LOWERING THE BALL UNDER THEIR SHOULDERS! * Change plots after each basket. The child who scores the most baskets wins. **Petit Jeu - Le Tour du Monde** * 1 ball per child. * Each child passes the ball (high rebound pass), catches it, and shoots without dribbling. * Change plots after each basket scored. The goal is to score at each plot. **Petit Jeu - Le Ressort** * 1 ball per child, max 3 children per group (add more plots if necessary). * 3 plots at 3 meters maximum from the basket with benches. * Children stand on the bench and stop at the end. They position themselves to shoot with two hands. * They let themselves fall off the bench while maintaining their position (above their shoulders). Then, they rebound like a spring and take their shot. * NO LOWERING THE BALL UNDER THEIR SHOULDERS! NO TOUCHING THE PLOTS! * Change plots after each basket scored. The child who scores the most baskets wins. **Petit Jeu - La Rivière aux Crocodiles** * 1 ball for 2 or 2 balls for 3 children. * 2 plots at 3 meters maximum from the basket (cones or pastilles). * Children run, catch the ball, and shoot to cross the river of crocodiles (tape). * The shooter recovers the rebound and replaces the passer. The passer passes the ball and goes to the start in place of the shooter. * When both are on the right side, pass to the left side. Count the baskets scored with correct support. **Petit Jeu - Les Dunkers** * 1 ball per child. * 2 plots at 3 meters maximum from the basket with a bench. * Children stand on the bench or pedestal without dribbling. * They quickly walk and jump onto the pastilles in double-step. Then, they try to shoot while jumping as high as possible Petits jeux de basket pour différents niveaux d'âge (U9 à U17) : 1. **Dunk** : les paniers sont remplacés par des paniers spéciaux, permettant aux enfants de dunker. L'enfant passe ensuite sur l'autre banc et seuls comptent les paniers marqués avec les bons appuis. 2. **Bip Bip et Coyote** : un petit jeu où l'attaquant (BIP-BIP) démarre au plot, tandis que le défenseur (COYOTE) démarre derrière la ligne médiane. Le défenseur part dès que le ballon de l'attaquant touche le sol. 3. **Le dribble au Basket** : un petit jeu où deux joueurs doivent donner le ballon de main à main à leur équipier, sans être arrêtés, pour réaliser 12 traversés de terrain. 4. **La poursuite** : un attaquant doit aller le plus rapidement possible s'arrêter dans un cerceau et tirer (Panier marqué = 2 points) sans se faire attraper la queue du foulard. 5. **Douaniers contrebandiers** : un attaquant avec ballon, et un défenseur avec ballon, doivent traverser le terrain pour réaliser des paniers, tout en dribblant. Ces petits jeux sont idéaux pour travailler l'aspect cognitif et les déplacements, particulièrement défensifs, ainsi que le box-out lors d'un rebond.