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Easybasket  
in Europe



# EASYBASKET IN EUROPE GUIDELINES



FEDERAZIONE  
ITALIANA  
PALLACANESTRO



CZ BASKETBALL

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# Easybasket Guidelines

## “Know it and teach it”

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## Easybasket Guidelines “Know it and teach it”

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# ***Chapter 1 - Introduction***

This book created for The EIE Easybasket in Europe Project is considered a methodological tool to support those who are willing to dedicate themselves to teaching Easybasket to younger children.

The idea of simplifying the approach is a fundamental element and the description of the content supports this with a short theoretical introduction as well as subdividing the practical part into three phases of activity. This provides a path from an easy involvement to Minibasket.

The ideas and the practical parts consist of an explanation of the game, a picture or a descriptive diagram and often a video (available with QRCode) that shows how the children are involved in the activity.

Coaches, teachers, former players, or leaders are be able to find several pieces of advice but also appropriate reflections which are applicable for those who are dedicated to teaching sports to children.





# Easybasket in Europe



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[https://youtu@u.be/Kz1mqwrCd\\_0](https://youtu@u.be/Kz1mqwrCd_0)





**EASYBASKET:**  
*Opportunities for  
everyone*

**What is Easybasket?**

Easybasket is a simplified form of basketball and an innovative approach to teaching younger children basketball. The approach is conceived of, produced, and used by the FIP, The Italian Basketball Federation. It is applicable both in schools and in the daily activities in the participating basketball clubs.

Easybasket is a new and different approach to involving children in the gym and to helping them to quickly becoming comfortable with playing the sport.

Easybasket is the simplest approach to the ball, to the basket, to friends, to opponents and to the few rules that should be known and respected.

To facilitate the approach the rules must be adjusted to the abilities of the children and simplified so that they can gradually learn about the game. Easybasket describes a new method to introduce the children to the sport, fair play and respect for the rules as well as working with others considering their needs and dreams.

## Easybasket – Rules of the game

### GENERAL RULES:

- Specific ball
- Height of the basket
- Court size  
(IDEAL SIZE: 18x9 – e.g. volleyball court)



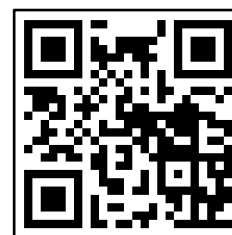
**EASY BALL**  
**MT 2,60**  
**REDUCED**

### MOVEMENT AND RULES OF THE GAME:

- dribbling with both hands **ALLOWED**
- stop dribbling and start dribbling again **ALLOWED**
- take two steps while holding the ball **ALLOWED**
- stealing the ball from an opponent **ALLOWED**
- taking more than two steps while holding the ball  
(PENALTY: ball possession goes to the opponent) **NOT ALLOWED**
- stealing the ball from an opponent with contact  
(PENALTY: 1 point and ball possession go to the opponent) **NOT ALLOWED**

### VALUE OF POINTS:

- foul with contact (see the above) **1 point**
- shot that hits the rim **1 point**
- basket made **3 points**



<https://youtu.be/eoceLEHizF0>

### **The values of Easybasket**

The basic task of Easybasket is to emphasize the educational elements as well as the elements in practice which must be present to develop the children.

With Easybasket children must be moved closer to sport by stimulation their cognitive and general functions. Easybasket should also help them to achieve sufficient autonomy in the game situations that they will face.

This vision supports the teachers and coaches in the task of teaching Easybasket and basic motor development with the ball becomes an essential task.

Easybasket wants to offer coaches an effective didactical and methodological tool that is helpful in developing children.

### ***EASYBASKET: KEY WORDS***

- ***Easy***
- ***Approachable***
- ***Unstructured***
- ***Fun***
- ***Inclusive***
- ***Engaging***
- ***Exciting***
- ***Instructive***





## Easybasket and Life Skills

To involve and move the youngest children closer to basketball is important and necessary for clubs. Encouraging disciplined basketball must however not block the vision of Easybasket.

To play and experience sport for a child should first and foremost develop them and support their continued path in life by giving them essential tools they can use.

Important words such as INDEPENDENCE – RESPONSIBILITY and COLLABORATION cannot and must not be empty and meaningless words but should be used and supported daily by coaches.

Easybasket is not just basketball. Easybasket is created:

- ✓ *To play*
- ✓ *To develop*
- ✓ *For life*

## **Easybasket – Minibasket – Basketball and Sport**

Easybasket should be considered as the beginning of a long journey that the children and young people can experience through the sport and life. A journey where there is a need for care and attention from those who are responsible for the development of the children.

A hasty and distorted vision of the ideas and the principals of Easybasket can be inappropriate and harmful. This can lead to lack of interest and dropout.

By using the practices as a tool to develop both the person as well as the athlete then the methods can be helpful to those who coach and have different skills. This tool gives them a clear idea of how to integrate the different stages of development for children in sports.

Every phase in sport and life leads to an adaption of skills that are essential in terms of meeting and solving problems in the game and in life. Easybasket is the first step and it is a very easy approach. Children will be received, included, and guided in Easybasket and then lead towards Minibasket and basketball. This must be done gradually and with a progression that constantly keeps the values in mind.

A person growing up with sports will become a better person; a person who is capable of working with others, no matter if it is teammates or opponents and who is independent and responsible for his or her own choices.





### ***FROM EASYBASKET TO MINIBASKET: KEY WORDS***

- ***Integrated***
- ***Gradually***
- ***Progressive***
- ***Inclusive***
- ***Exciting***
- ***Motivational***
- ***Developing***

### **From Easybasket to Minibasket**

The progression towards Minibasket should be a natural step in the approach to the development of the motor and cognitive skills which provide the children with the opportunity to carry out more complicated movements and actions.

Knowledge and interpretation of the rules of Minibasket and game situations should gradually be put in by the coaches who are responsible for the progression.

Understanding the rules provide guidelines in the development of children. These are not imposed but acquired by learning the necessary skills.

From the easy and simplified phase, the children acquired the ability to play with the more challenging Minibasket rules as they discover that they are capable of doing so as well as they acquire an understanding of the meaning and value of these.

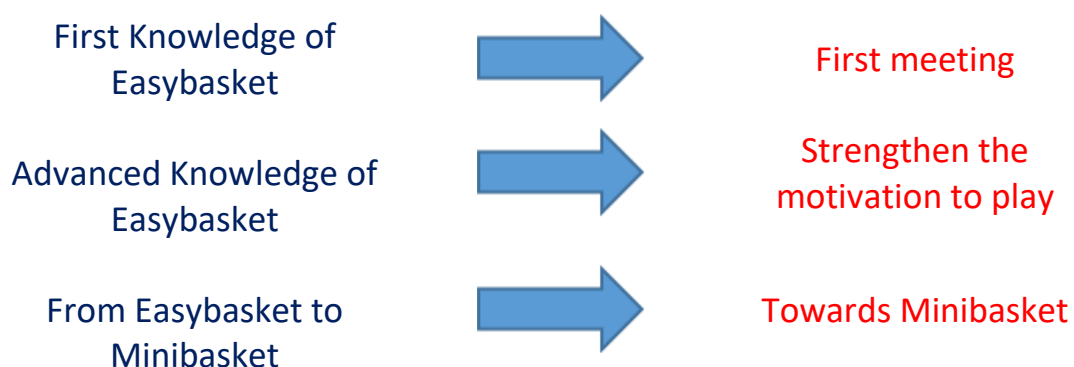


## Chapter 2 - Practice

***PLAY EASYBASKET***  
***PLAY TO LEARN AND TO DEVELOP***

## Introduction to the practical part

The practical examples suggested below are divided into three different activity phases. Each of them is described by a central term which summarizes the methodological and didactical content:



The coach must recognize and evaluate in which stage of development the children are in terms of being able to play Easybasket and how comfortable they are with the rules and the tools that have been used.

The games are divided into the three different phases but it is up to the coach to observe whether the details and complexities in each game corresponds to the skills that the children should have to be able to do it.

Some games are equipped with videos which describe how the games work. These can be found through the QRCode system. Diagrams/pictures also try to help to make the understanding of the games simpler.



### OVERVIEW



Player with ball



Player without ball



Movement without ball



Dribbling movement



Pass



Shot



Cone



Cone with ball on top



Coach



Coach with ball

### Structure of the practical part

Each phase of the book is structured as follows:

#### ➤ INITIAL PHASE

Activity games are a good way to start the practice where all children are involved and moving

#### ➤ MIDDLE PHASE

Games and drills for smaller groups and teams with the purpose of enhancing autonomy and decision making (power games)

#### ➤ FINAL PHASE

Full court game situations – 2 vs 2 and 3 vs 3 focusing on development in game situations.

### **Attention to Didactic and Methodology**

- Ensure that the right equipment is available and correct (*height of basket – type of ball – adequate materials – in accordance with rules*)
- Use the practical suggestions from the initial phase where all children are involved and moving
- Ensure that the children have adequate time for the drills
- Plan games with open-ended solutions
- Encourage imagination and creativity
- Strengthen intuition and decision making
- Guide and support the understanding of the first and easy rules
- Stimulate the ability to stay focused and stimulate the senses
- Get a feel for the ball and learn how to use it in accordance with the first and easy rules
- Get a sense of the body and discover the ability to do and control different forms of movement



## ***Chapter 3 – The First Introduction to Easybasket***

***The feeling of being introduced to the game***

## Easytown game

Game to be used in the first part of the practice: initial phase

### Through the streets of the city

All children have a ball and the ball is perceived as being a car and it must be dribbled when moving. Children and car can move around freely in the city (on the court) except in the pedestrian zones which are inside the paint under the baskets (the two 3 second areas).

### Parking lots

Some hula hoops (or other rings) are placed at the end of the court close to the pedestrian zone. When a child wants to park, then he/she can do so by placing the ball in an empty hoop. After placing the ball, he/she can walk without a ball within the pedestrian zone. At any time, the children can leave the pedestrian zone by picking up the ball and moving around the city again.

### Beware of the roundabouts

Groups of low-profile cones are placed in the half court circle and are roundabouts. While the children are moving around the city, they must use the roundabouts to keep moving into traffic again.

### Traffic cops:

1-2 of the children who are picked by the coach and have no ball take one of the red low-profile cones and become a traffic cop. Traffic cops can move freely around the city and they can stop the other children and check their "driver's licenses" and then release them again.

### The V.I.P. cars

1-2 children who are picked by the coach and still have a ball take one of the blue low-profile cones and place it over their head and become V.I.P. cars. The V.I.P. cars are very important since they must ensure that the others who are moving around the city do not get too close to each other.



<https://youtu.be/iHcWEzOml2U>

### Ambulance

One child picked by the coach and still have a ball takes one of the yellow low-profile cones and becomes an ambulance. He/she can at any time start the siren by waving the cone and making the sound of a siren. All other cars have to move and let the ambulance get by.

*Didactic Focusing: quick change the roles in the court..*

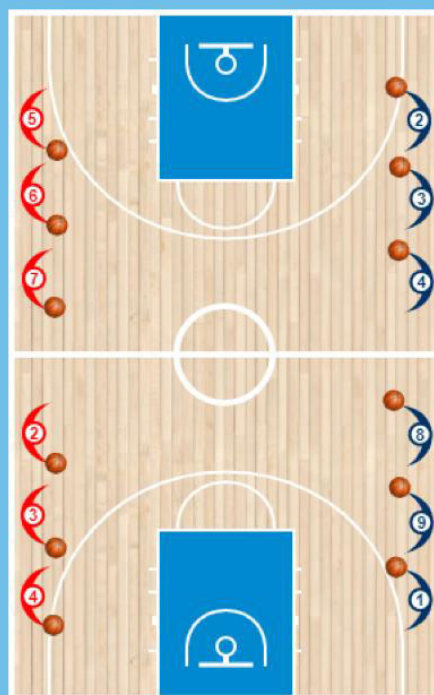
## Nice and unpleasant friend game

Game to be used in the first part of the practice: initial phase

All children have a ball. The children are divided into two teams who have two different colors. Everybody can dribble around the court freely and when they feel like it they can make contact with another child from the other team by calling to them. They can then dribble around the court and talk while they are doing this.

### Variations:

- The children are in pairs and they are placed opposite each other on the sidelines of the court. One of them instruct the other one opposite in either moving forward, backwards or stopping.
- At the signal of the coach the children switch roles
- The children get even more “unpleasant” and they get their friend to move in various ways (turning around, or jumping on the spot ...)
- Changing roles constantly



## Speed bump game

Game to be used in the first part  
of the practice: initial phase

All children who have a ball can freely move around the court. Four children picked by the coach do not have a ball but instead take a hula hoop (or another ring). The children with the hoop can run around the court and if they want to, they can lower the speed of the children with balls by getting in front of them with their hoop and then they become bumps.

### Variations:

- The children with a ball follow the lines of the court and change direction when they meet a speed bump
- Change roles so other children become speed bumps



## Let us play together game

Game to be used in the first part  
of the practice: initial phase

Half of the children have a ball and the other half do not. All children are moving around the court. The children without the balls run around and move their hands. As soon as the coach says **“GO”**, then the children pair up and become trains, where he/she with the ball is in front and the one without ball is behind and the train will now move around the court.

At any time, the child in the back can signal to his teammate and then he/she turns around and they pass to each other. They switch roles if the child behind starts dribbling the ball. At the signal **“FREE”** then everybody can move around freely again.

### Variations:

- Alternate signals **“GO”** and **“FREE”**
- Encourage passing the ball to each other in different ways



<https://youtu.be/XocLYD6iPO>





## Challenges by the cones

Game to be used in the middle part of the practice: middle phase

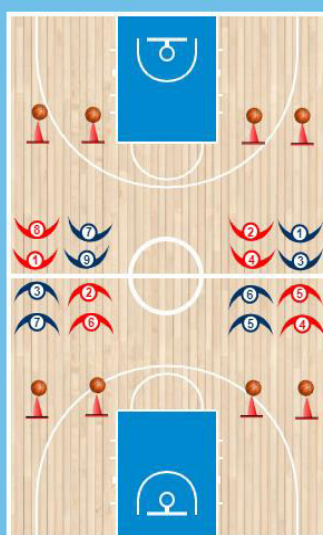
The children are divided into four teams at each basket and two of the teams at each basket have the power. Two cones with a ball on top are placed both at the right and left side of the basket (see diagram). The first in the line that has the power challenges an opponent waiting in the other line. You can use fakes and when the person with the power wants to, he/she runs and the other one follows. They take a ball and shoot at the basket. The one that makes a basket first gives the power to their team.

### Variation:

- Change sides



<https://youtu.be/ZAh-wrfEDsl>



## Power behind

Game to be used in the middle part of the practice: middle phase

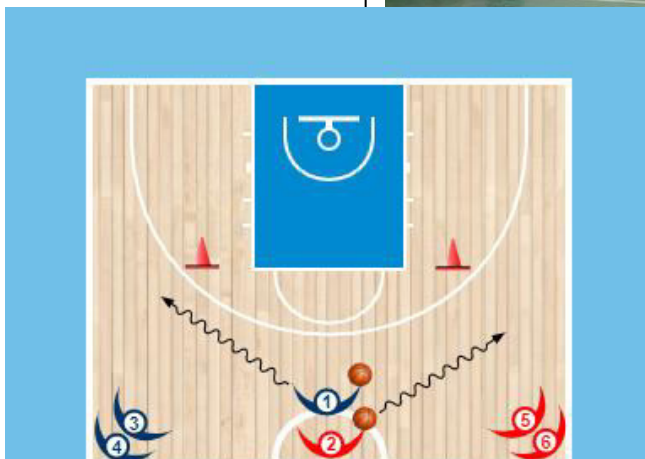
Children are divided into two teams and one team has the power. A player from the team with the power is behind of his/her opponent. The player with the power runs to touch a cone, with the hand or with the ball, before he/she takes a shot. The opponent must touch the opposite cone before he/she takes a shot. The first one to make the shot will give the power to his/her team.

### Variation:

- Placement of the cones

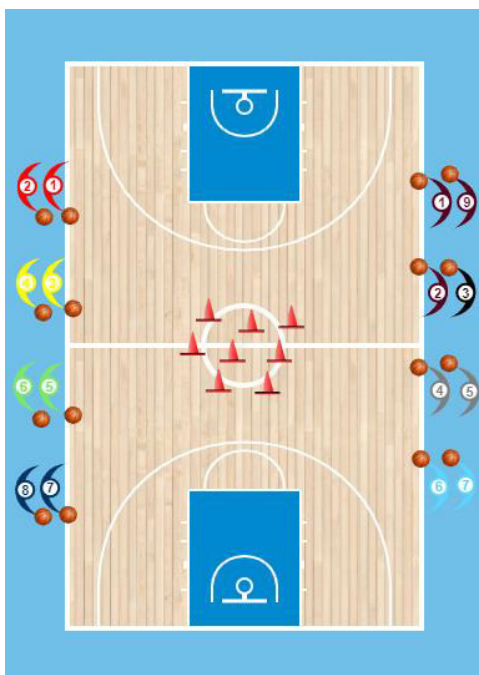


<https://youtu.be/Nxq-NuOE0I8>



## EASYBASKET

### First knowledge



### I do as you do

Game to be used in the middle part of the practice: middle phase

Children are in pairs and positioned on the sideline as shown on the diagram. Everybody has a ball. When the coach says “GO”, he/she at the same time shows a number which indicates how many cones are to be touched. The first one in line dribbles in and must touch the number of cones shown – it must be in different colors. After touching the cones he/she runs to shoot on the basket (only one shot, 3pt for making the shot, 1pt if the ball hits the rim) and he/she must bring the ball back to their teammate who then has to touch the same amount of cones as shown earlier before he/she can take their shot and count points.

### Variations:

- Stop the game and indicate a different number of cones to touch
- Stop the game and indicate the number of cones of the same color to touch

### Exchange power

Game to be used in the middle part of the practice: middle phase

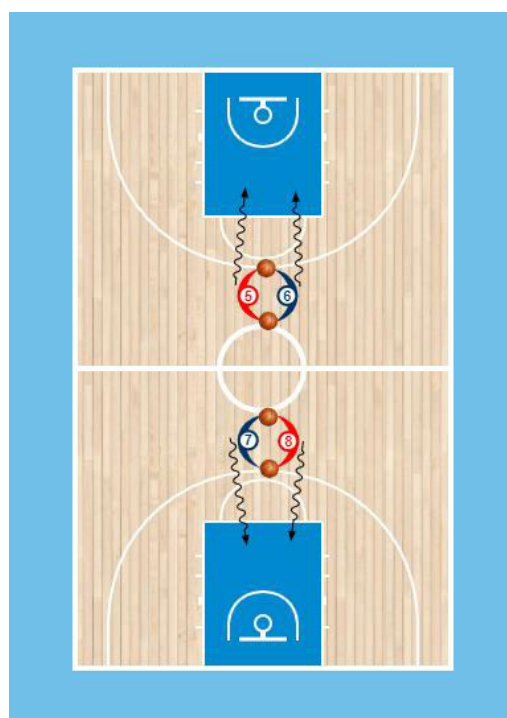
The children are divided into two teams and one team has the power. There are two players on the court from each team and they are positioned between the midcourt circle and the 3-point line. The two players pass the balls to each other and the player with the power can at any time run to the basket and shoot. The first one to make a basket gets the power.

#### Variations:

- Use different passes



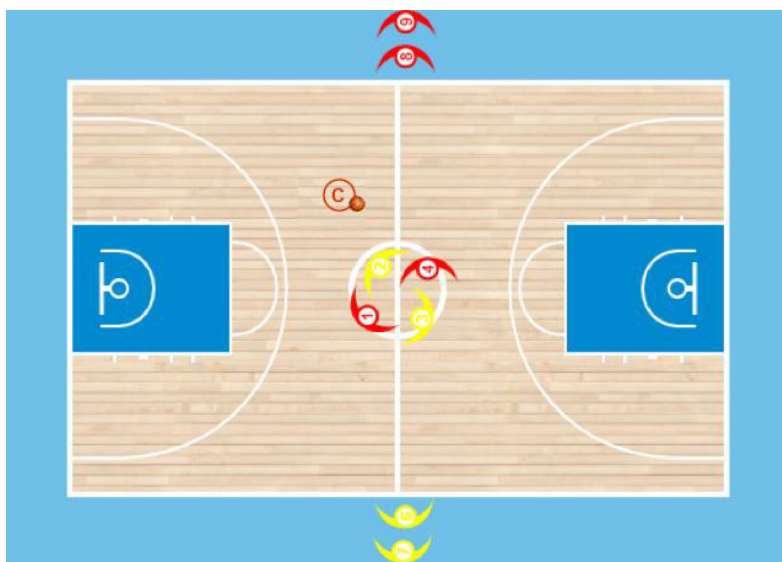
<https://youtu.be/BRD2CxcSlgg>



## 2 vs 2 from the pot

Game to be used in the last part of the practice: final phase

Children are divided into two teams and are positioned as shown on the diagram. Two players from each team go into half court circle (the pot) and move around. 2 vs 2 starts when the coach passes the ball into the circle. The team who gets the ball attacks the basket furthest away and the other team plays defense.



<https://youtu.be/9AL5mEZT8ew>





## 2 vs 2 as a train

Game to be used in the last part of the practice: final phase

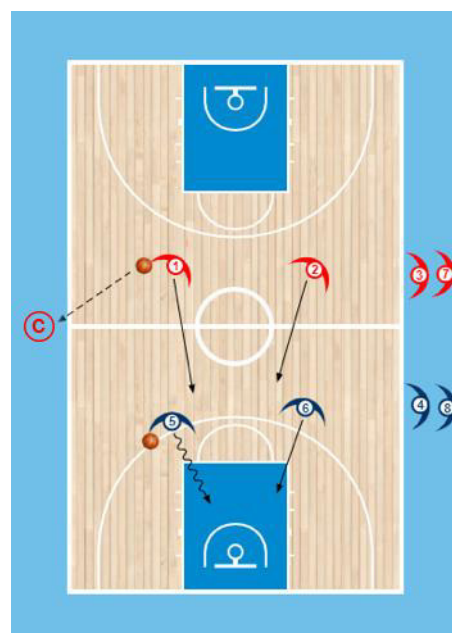
The children are divided into two teams as shown on the diagram. The player positioned between the midcourt circle and the 3-point line has a ball and controls when the game starts. The coach shows his/her hands to get a pass and take a ball away and when the ball is passed to the coach, the game starts and the players closest to the basket can now attack the basket.

### Variation:

- When the coach switches side, the players in the field turn on the other side



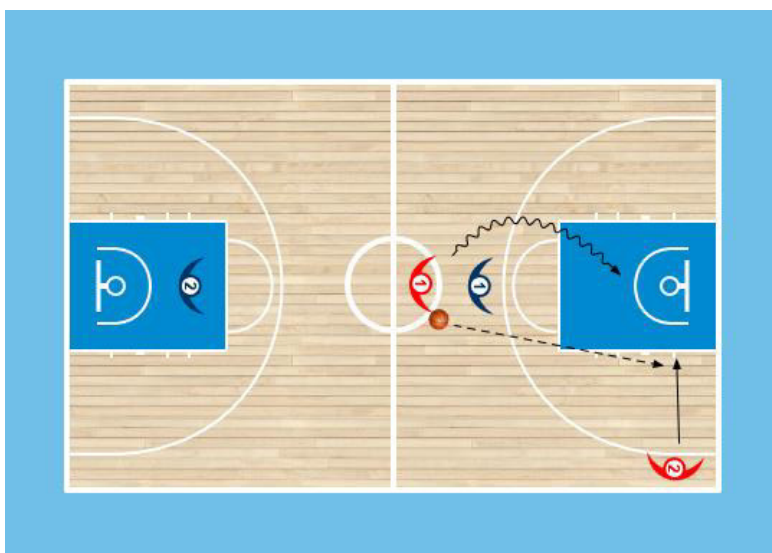
<https://youtu.be/RlcZ4Ui41o>



## 2 vs 1 with delayed defense

Game to be used in the last part of the practice: final phase

The children are divided into two teams and two players from each team are positioned as shown in the diagram. The offensive player with the ball starts the game by attacking the basket and passing to his/her teammate and then the game starts as a 2 vs 1 and turns into 2 vs 2 when the delayed defender comes.



<https://youtu.be/nsFSgLeJxZI>



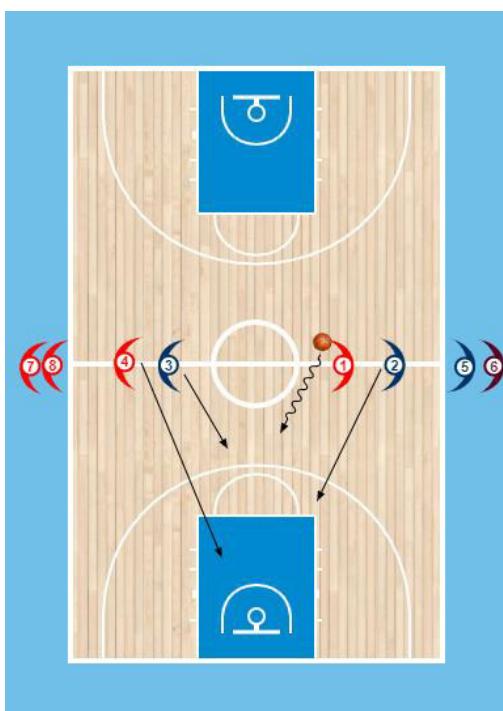
Game to be used in the last part of the practice: final phase

## 2 vs 2 Hidden friend



<https://youtu.be/HhAeLWImkHw>

The teams are positioned as shown on the diagram. The child who is on offense and does not have a ball "hides" behind the defender and can at any time decide which basket he/she will run towards. When the teammate with the ball (and the defenders) sees this then the 2 vs 2 starts and it continues for a while on the full court until the coach says stop.



### **Attention to Didactic and Methodology**

- Ensure that the right equipment is available and correct (*height of basket – type of ball – adequate material – in accordance with rules*)
- Use the practical suggestions from the initial phase where all children are involved and moving
- Ensure that the children have adequate time for the drills
- Plan games with open-ended solutions
- Encourage imagination and motor creativity
- Strengthen intuition and decision making
- Guide and support the understanding of the rules
- Stimulate the ability to stay focused and stimulate the senses
- Get a feel for the ball and learn how to use it in accordance with the first and easy rules
- Get a sense of the body and discover the ability to do and control different forms of movement

## ***Chapter 4 - “Easy” Knowledge***

***The ability to play with others***

## From single to pair

Game to be used in the first part  
of the practice: initial phase

All children can freely move around the court with the ball but should try not to bump into each other. When the coach says “GO”, they must pair up where one child is in front and the other one behind. The player in front can provoke the player behind by stopping, starting to dribble again, or going backwards. The player behind must avoid bumping into the player in front. When the coach says “free” then the children can move freely around the court again until the coach says “GO” again.

### Variations:

- Alternate between the signals “GO” and “FREE”
- Always find someone new to pair up with while they are moving around in pair, then the coach says “change” and the players change direction and roles
- Alternate between the signal “FREE”, “GO” and “CHANGE”





## A friend and a hoop

Game to be used in the first part of the practice: initial phase

The children pair up and the player with the ball is in front and the player with the hula hoop is behind. The player with the ball dribbles and the player with the hula hoop follows. When the player behind sees open space, he/she signals his/her teammate and spins the hula hoop. The children must now pass the ball to each other through the hula hoop until it stops spinning. After this they move around again and switch roles.

### Variation:

- Placement of the hula hoop between the children (attention to the hula hoop not dropping to the ground)



<https://youtu.be/jZ1GSeY2RRU>



## The trucks

Game to be used in the first part of the practice: initial phase

Half of the children have balls (trailers) and the other half have hula hoops (drivers). The drivers (with hoops as a wheel) and trailers (with balls) are on each side of the court and when **"SWITCH"** is called out then the drivers leave their hoops spinning while they run to the other half of the court to get a ball and the trailers run to get a hoop.

### Variations:

- On the coach's signal the children must form a truck (a driver + a trailer)
- On the coach's signal the drivers turn off the trucks and remain standing with the hoop over their head while the trailers dribble around to find a new driver.



## Couples in the hoops

Game to be used in the first part  
of the practice: initial phase

The children are paired up on the sideline, three hula hoops are placed in the paint (3 second area) underneath both baskets. On the coach's signal one of the players from every pair starts and the player can shoot one time on each basket but can only shoot in an empty hula hoop. It is the other players turn after this. It is a shooting competition on time.



<https://youtu.be/qcFbkpVvbzI>



## Ring

Game to be used in the middle part of the practice: middle phase

The children are in pairs and placed on the two lines on either side of half court – half on each line. Every pair has a ball and a hula hoop (ring) and on the coach's signal the one with the hoop has to make it spin as the partner runs to the basket and shoots as many times, he/she wants to. You get 2 points for each made basket, but you must make it back to you partner before the hoop stops spinning. If the ring has stopped spinning before you make it back, then you lose all your points. The one who made the ring spin must warn his partner in time for him/her to make it back. The game continues by the partners switching roles and continuing to go until the time set by the coach runs out. The team who has scored the most points when the time runs out wins.

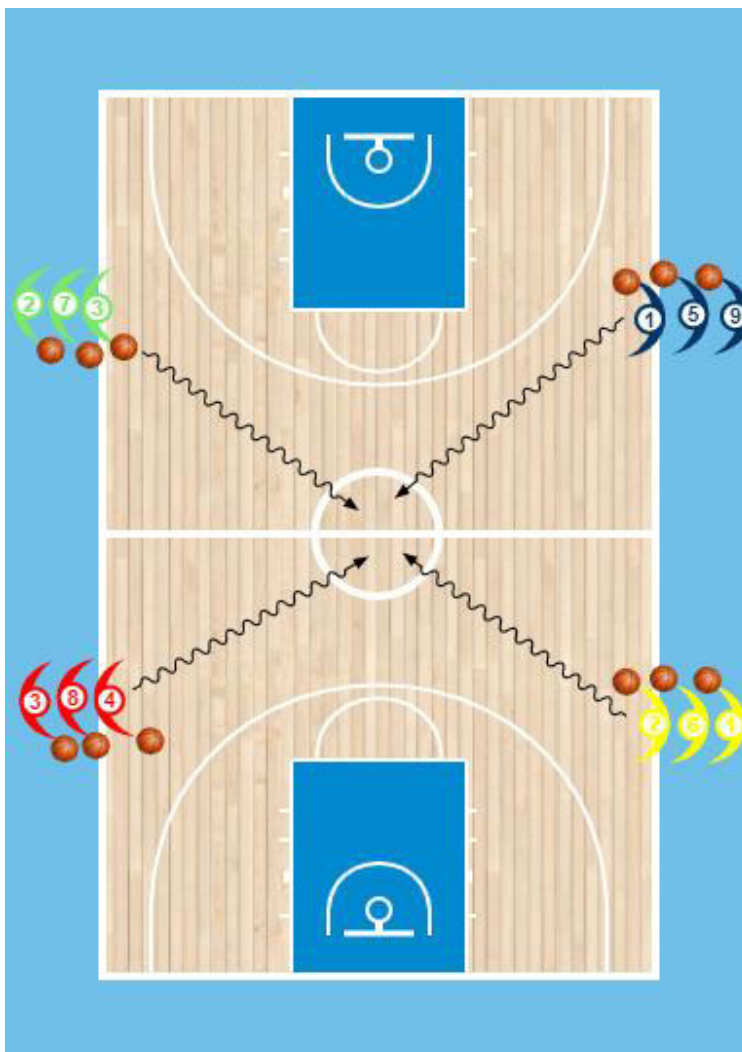




### No more than two

Game to be used in the middle part of the practice: middle phase

The children are divided into four teams as shown on the diagram. The first player from each team runs to the half court circle and when the player from the team who has the power decides to run towards a basket then the other three players can run towards the baskets as well. However, there is the limitation that no more than two players can run to the same basket. The player who gets back to the circle first after having made a basket, his/her team gets the power.

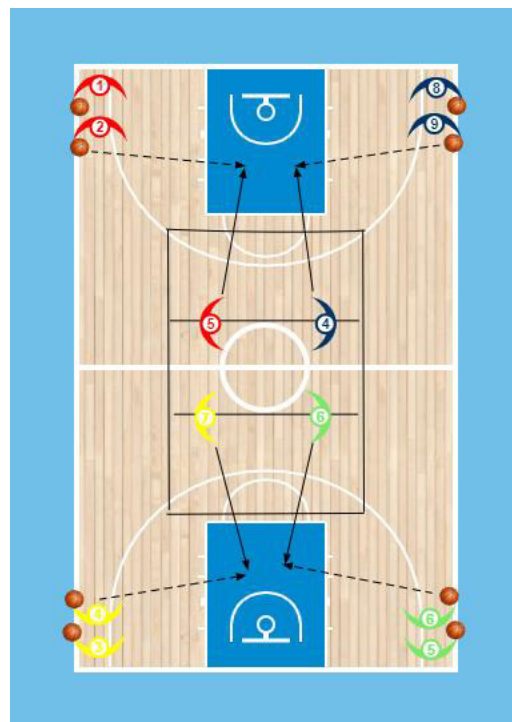


<https://youtu.be/kbJwB5qmyFI>

### Mirror game: sprint and receive

The children are divided into two teams at each basket. The first in line of each team go to a position right under the half court circle to be able to mirror the other player's movements. The player with the power start running toward his/her teammate to receive a pass for a shot. The other players do the same as soon as they see the player with the power moves. The first one to make a basket gets the power for his/her team.

Game to be used in the middle part of the practice: middle phase



<https://youtu.be/aXVJt6Uja0U>



## 4 team shooting challenge

Game to be used in the middle part of the practice: middle phase

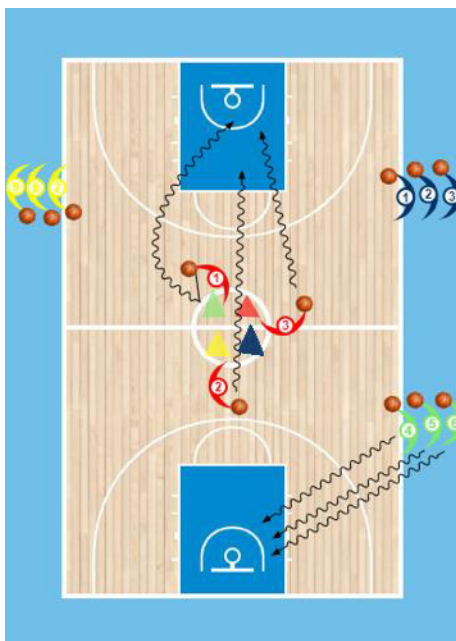
The children are divided into four teams as shown on the diagram. Every team has two cones in the same color whereas one cone is at their starting point on the sideline and the other in the half court circle. The team that has the power comes in and runs around the half court circle and one of the players from that team can start the competition by touching a cone and choosing which end to shoot in. The team that has the same color cones as was touched must run to the opposite basket. The first team to make a certain number of baskets, and go back in the half court circle gets the power.

### Variation:

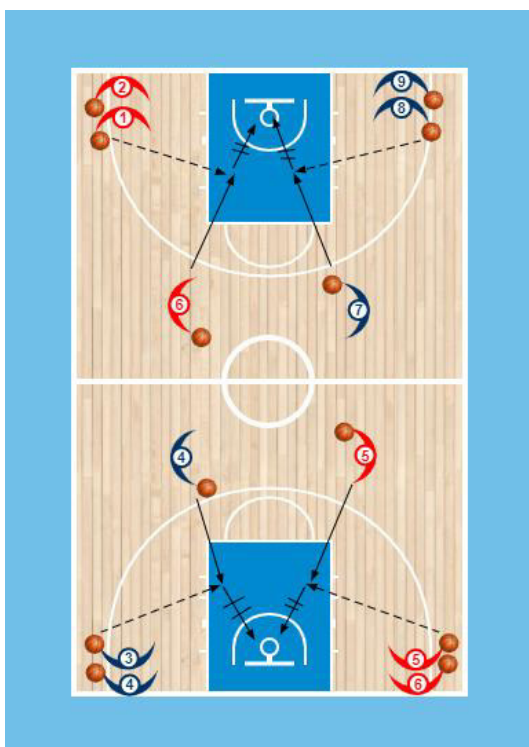
- The losing team stays and while waiting dribbles the ball in different ways.



<https://youtu.be/VNIN1wtz8Tc>



Game to be used in the middle part  
of the practice: middle phase

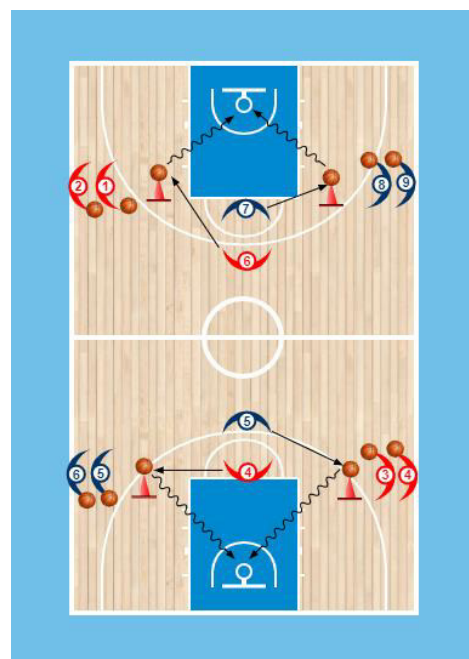


### Mirror game: leave and receive

The children are divided into two teams at each basket. The first in each team goes to a position right under the half court circle to be able to mirror themselves with the player from the opposite team. The player with the power mimics the movements the opponent is making. The player with the power starts by putting the ball down and running towards his/her teammate to receive a pass for a shot. The opponent does the same as soon they see the player with the power moves. Whoever makes a basket first gets the power.



<https://youtu.be/3WOZ7BmciwI>



### Challenges by the cones: captains and reserves

Game to be used in the middle part of  
the practice: middle phase

The children are divided into four groups, two teams on each half court, two balls placed on the cones (see diagram). A player from each team goes into the middle and when the coach says “**READY**” then the player with the power (the captain) can at any time take the ball on one of the cones and right away the reserve who is placed across from him/her must run to take the other ball. Whoever scores first will get the power.



<https://youtu.be/o2B568oLzGs>

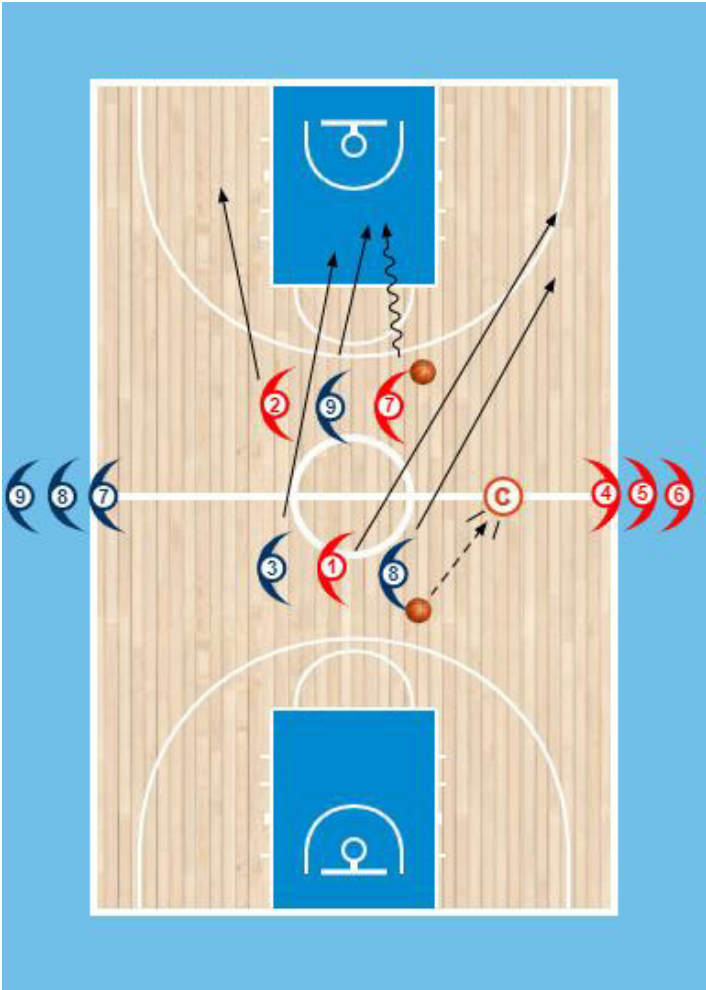
## Double train 3 vs 3

Game to be used in the last part of the practice: final phase

The children are divided into two teams. Three of the players from each team are positioned as shown on the diagram. One from each team has a ball and are in front of an opponent and a teammate. When the coach shows his/her hands to one of the players with the ball then the player passes the ball to the coach and the offensive player who still has a ball starts to attack the nearest basket and then 3 vs 3 starts.

**Game to be used in the last part of the practice: final phase**

The children are divided into two teams. Three of the players from each team are positioned as shown on the diagram. One from each team has a ball and are in front of an opponent and a teammate. When the coach shows his/her hands to one of the players with the ball then the player passes the ball to the coach and the offensive player who still has a ball starts to attack the nearest basket and then 3 vs 3 starts.



### 3 vs 3 in the area + throw in

Three players on each team moves around the 3 second area without a ball. Two balls are placed on top of cones outside the court on the sideline. The coach chooses a captain in the game who at any time can run and take a ball and pass it in. After this the team attacks the basket furthest away and 3 vs 3 starts.

Game to be used in the last part of the practice: final phase

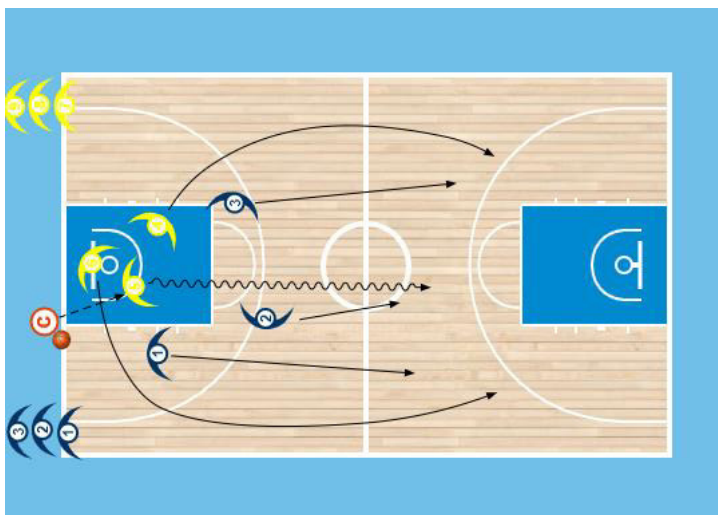


<https://youtu.be/ePl01iS4nZg>

### 3 vs 3 In/Out

The children are divided into two teams that are positioned on the baseline (see diagram). Three players from each team are on the court. Three players from one team are in the paint and three players from the other team are outside the paint and they have specific positions outside the paint. If the coach says "switch", then the players outside the paint must switch positions. When the coach passes to one of the players in the paint then then they attack the opposite basket and the other team becomes defense. They play 3 vs 3 back and forth on full court until the coach stops it.

Game to be used in the last part of the practice: final phase



<https://youtu.be/tF102-oKJv8>

### **Attention to Didactic and Methodology**

- Adjust the equipment (*height of basket – type of ball – adequate materials – in accordance with rules*)
- Use the practical suggestions from the initial phase where all children are involved and moving
- Ensure that the children have adequate time for the drills
- Plan games with open-ended solutions that provide the opportunity to choose and make decisions
- Stimulate imagination and motor creativity
- Strengthen intuition and decision making
- Guide and support the understanding of the rules
- Stimulate the ability to stay focused and stimulate the senses
- Emphasize cognitive elements such as attention, understanding, memory and sense of time and space
- The ability to control movements in cooperation with others in game situations



# ***Chapter 5 - From Easybasket to Minibasket***

***Playing with others  
in accordance with the rules***

## Gauntlet

Game to be used in the first part of the practice: initial phase

All children are dribbling freely around the court with a colorful low cone in one hand. One child can dribble over to another child who has a cone in a different color and then they put the cone (gauntlet) down and he/she challenges the other child to dribble the same way as him/her. After about 10 seconds the challenge ends and the children pick up the cones and look for another child to challenge.



<https://youtu.be/cl1nivs7ACA>

Game to be used in the first part of the practice: initial phase



[https://youtu.be/yqKfnxeTM\\_0](https://youtu.be/yqKfnxeTM_0)

## Carousel

The children dribble around the court freely and a lot of hula hoops (carousel) are placed on the floor. On the coach's signal then everybody can open the carousel (making the hula hoops spin). Then the children while dribbling have to pay attention to the hula hoops so that they do not stop spinning. If one is about to stop, they must make sure that they keep spinning.

### 3 with a ball in the middle

Game to be used in the first part  
of the practice: initial phase

The children are moving around the court and 1/3 of them have a ball. Children without ball can ask the ball showing the hand. When the coach says “**START**”, the children form groups of three and every group must have a player with a ball in the group. The player with the ball goes in between the two without ball and dribbles after the player in front without a ball who is leading the group.

#### Variations:

- When the group of three moves around the court, the player in the middle can say “**CHANGE**” and then the group must change direction.
- When the group of three moves around the court, the player in the middle can say “**STOP**” and that means that the player in front must stop and get ready to turn and receive a pass
- Continuously alternate between “**STOP - CHANGE**”



<https://youtu.be/F0gD8o77uTU>

## From EASYBASKET to MINIBASKET



[https://youtu.be/\\_79q\\_JJm6xY](https://youtu.be/_79q_JJm6xY)

### Close – far – in front ... and play defense

Game to be used in the first part of  
the practice: initial phase

The children can move freely around the court and half of them have balls and the other half do not. The children with balls move around dribbling and the ones without a ball run. On the coach's signal "**GO**" the children without balls must find a child with a ball and stick to them (then the children must stay as far as possible from the chosen child). When the coach says "**CHANGE**", then they switch roles.

#### Variations:

- The ones without a ball hide behind the teammate with a ball and follow them.
- The ones without a ball run in front of the ones with a ball
- When the coach says "**DEFENSE**", then the ones without the ball have to try to steal the ball from the ones with a ball (without making fouls).

## From EASYBASKET to MINIBASKET

Game to be used in the first part  
of the practice: initial phase



<https://youtu.be/909WfnBeM1M>

### Boss from behind

All children have a ball and are paired up and positioned around the court. Four children are bosses and are inside the half court circle. At any time, a boss can dribble on to the court and stop behind a pair and then he/she runs to shoot on the basket. As soon as the two children see the boss run, they can do the same. The player who makes a basket first becomes the boss and the other two pair up.



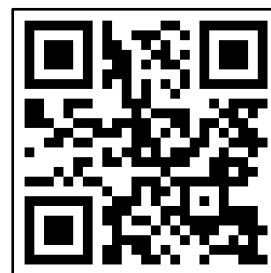
## Polite boss

Game to be used in the middle part of  
the practice: middle phase

The children are divided into three groups at each basket and they are positioned as shown on the diagram. One player has the power (boss). The boss steps in front of the players to greet them and the boss can at any time turn around and run towards the basket to shoot. When he/she does that, then the player that he/she was in front of does the same and whoever scores first will get the power and become the boss.

### Variation:

- The boss can greet the players in different ways



<https://youtu.be/-naWC1EJkmo>





Game to be used in the middle part of  
the practice: middle phase

### Captain who turns... Are you ready?

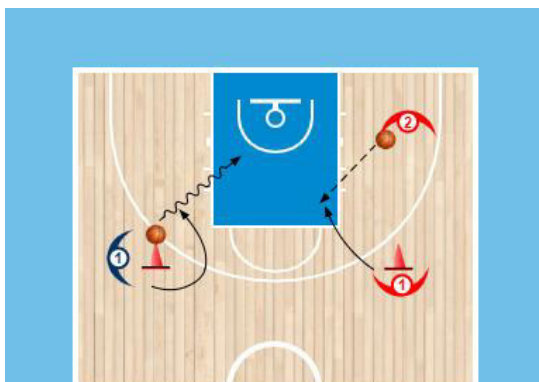
The teams are positioned as shown on the diagram. The balls are on the cones. One team has the power. The captain on the team with the power turns towards the cone when he is ready to take the ball and dribble towards the basket to shoot. The player from the other team must be ready to pass the ball to his/her teammate so he/she can shoot. Whoever makes a basket first gets a point for their team.

#### Variations:

- Switch roles
- Change the position of the team who must pass so  
That the player without ball are behind the 3-point  
line and the player with ball is in the corner



<https://youtu.be/sPb0I5g5CyM>



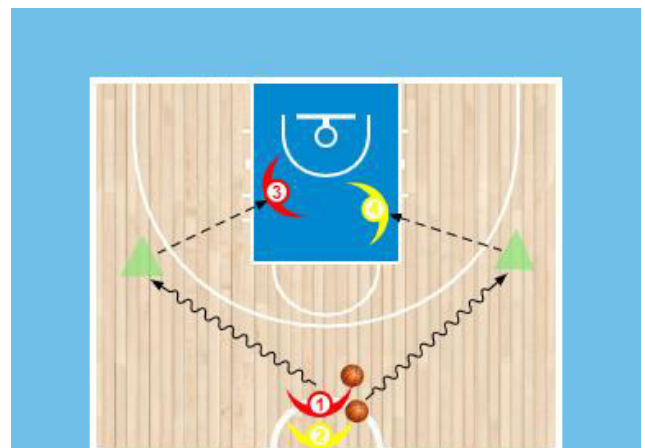
### Power in front with pass

Game to be used in the middle part  
of the practice: middle phase

The children are divided into two teams as shown on the diagram. The player with the power is in front of his/her opponent and has a teammate under the basket. The player with the power starts the game by dribbling to one of the two cones and touching it before passing to the teammate who is ready to receive the pass and then shoot and make a basket before the opponent. The first one who scores gets the power and gets in front of the opponent.



<https://youtu.be/M3cU-0MHTDU>



## From EASYBASKET To MINIBASKET

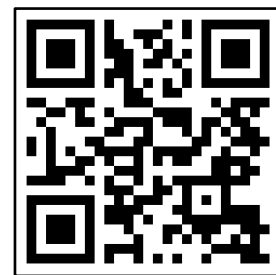
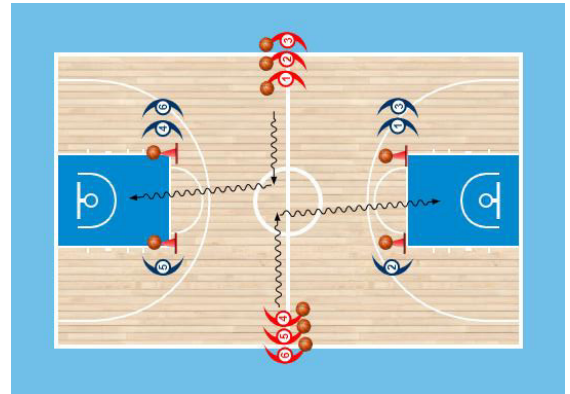
### 1 vs 2.... shooting challenge

Children are divided into two teams as shown in the diagram. Two players from each team who are positioned by half court runs towards the half court circle and then they each run towards a basket. They stop around the free throw line where the balls are placed on the cones. The players waiting cannot take the balls until their opponent has crossed the free throw line. Then they all must try to make a basket. Whoever makes a basket first gets a point for their team.

#### Variation:

- Switch roles

Game to be used in the middle part of the practice: middle phase



<https://youtu.be/MwdbBIXAXoI>



## Prisoners 1 vs 1

Game to be used in the middle part  
of the practice: middle phase

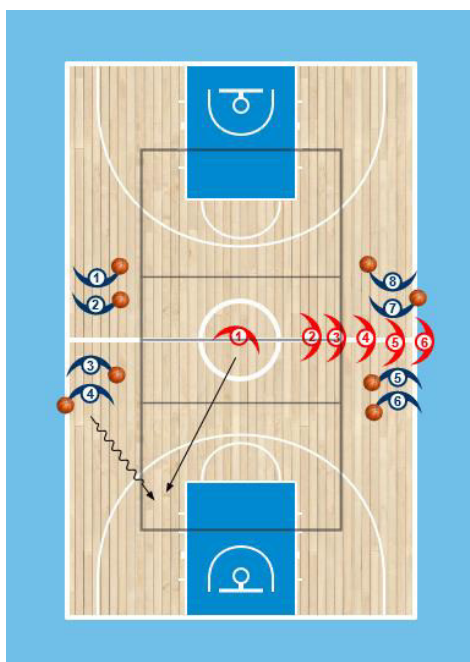
The children are divided into two teams (offense and defense) and they are positioned as shown on the diagram. Four rows with offense and everybody has a ball. Defense (prisoners) has no balls and they are in four rows by the half court circle. The first player at the half court circle starts the game by moving towards a player with a ball and when the player from the half court circle crosses a predetermined line (could be on volleyball court) then the player with the ball next to him/her can attack the basket and they then play 1 vs 1. If the defense steals the ball without fouling, then he/she gets a point for his/her team. If the offense scores or gets fouled, then he/she get a point for his/her team.

### Variation:

- Switch roles



<https://youtu.be/4bWxSrQ41fI>

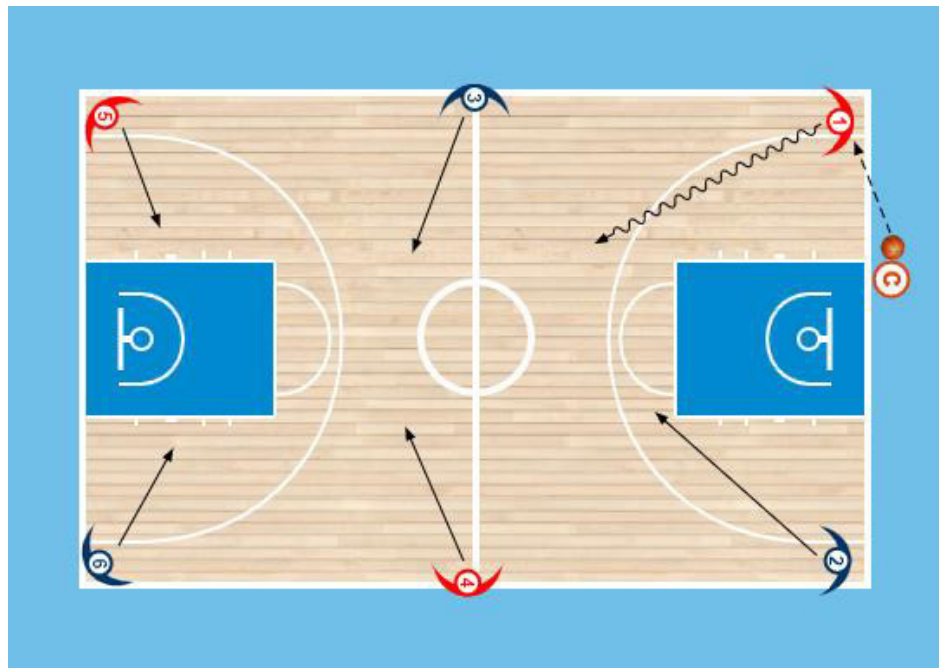


## From EASYBASKET to MINIBASKET

### 3 vs 3 crooked

Game to be used in the last part of  
the practice: final phase

The children are divided into two teams who are in three rows as shown on the diagram. The coach has a ball under one of the baskets. As soon as the ball is passed to one of the players in the rows closest to the baseline that the coach is on, then that team will attack the basket at the other end. They then start the 3 vs 3 full court.





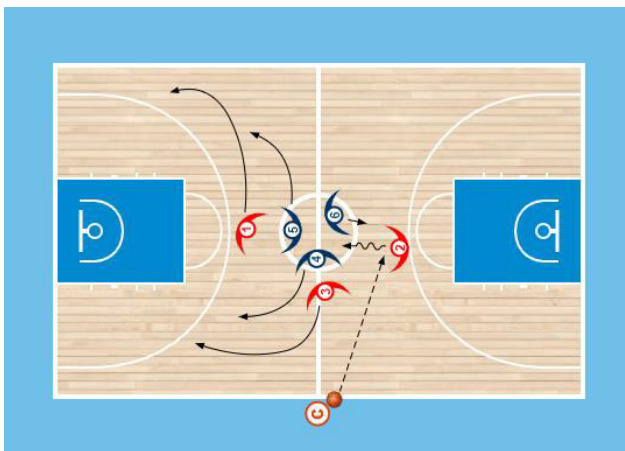
### 3 vs 3 mirror in the circle

Game to be used in the last part of  
the practice: final phase

The teams are positioned as shown on the diagram. Three of the players from one team are outside the half court circle with the opponents opposite them inside the circle. The players outside the circle must do the same movements as the players in the circle (mirror). The coach has the ball and can at any time pass the ball to either side of the half court. The first team to get the ball attacks the basket furthest away.

#### Variation:

- Coaches can say “**SWITCH**” and the players switches from outside the circle to inside the circle and vice versa.



[https://youtu.be/pKVO\\_uMsLus](https://youtu.be/pKVO_uMsLus)





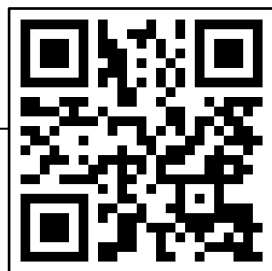
## From EASYBASKET To MINIBASKET

### 3 big pots 3 vs 3

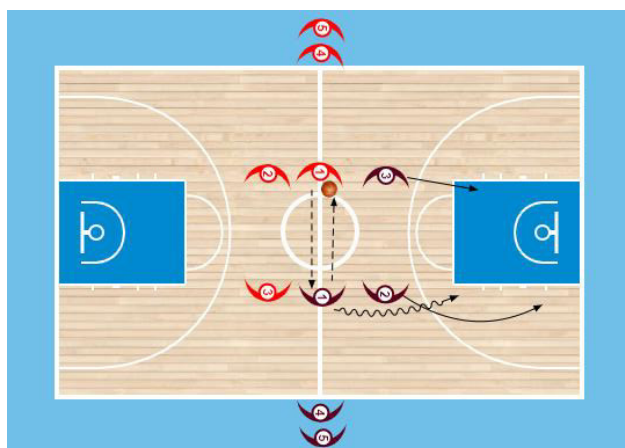
Game to be used in the last part of the practice: final phase

Three players are on the court and an offensive player and a defensive player are inside the two semi circles in the paint. And a third offensive player and a third defensive player is in the half court circle. All players move freely around without ball in their area. The coach has the ball and when he/she passes the ball onto the court, then that team attacks the basket furthest away.

[https://youtu.be/UZ9U0e0n\\_GY](https://youtu.be/UZ9U0e0n_GY)



<https://youtu.be/14n9O8Cwk4I>



### 3 vs 3 move up

Game to be used in the last part of the practice: final phase

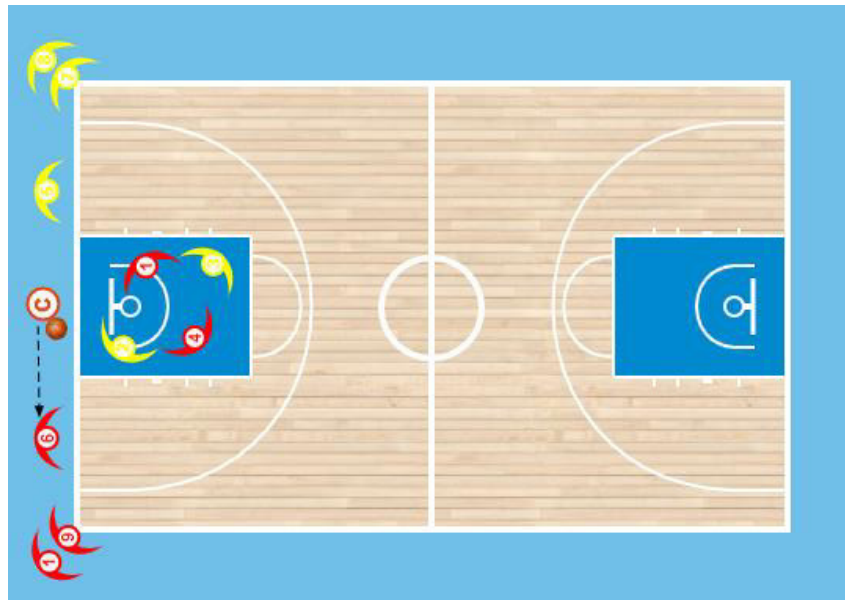
The children are positioned as shown on the diagram. The offensive player who is in the middle has the ball and he/she has a defender across from them. The offensive player passes a bounce pass to the defender who passes back again. The 3 vs 3 starts when one offensive player without the ball (activator) starts towards the basket. The kid with the ball and all other kids react to this movement.

## From EASYBASKET To MINIBASKET

### 3 vs 3 pass in

Game to be used in the last part of  
the practice: final phase

The children are positioned as shown on the diagram. Two children from each team move around the paint. The third player from each team is behind the baseline and the coach is also on the baseline with the ball. At any time, the coach can pass the ball to one of the two players on the baseline. That player then passes the ball in to one of his/her teammates and then they attack the opposite basket and 3 vs 3 starts.



## *Conclusions*

The creation of an educational project dedicated to children and their first steps into the world of sports has been a unique opportunity for people with different qualifications to exchange ideas on the various stages of development in terms of implementing this project.

The ability to create common themes, didactic and methodology across different backgrounds and cultures has been one of the greatest and most rewarding aspects of the project.

Passioned discussions and constructive debates about development and technical aspects has made every meeting stimulating and has strengthened the relationship between the countries and people. The project has been of great value to those involved and has developed the people involved as well as developed basketball and its elements. "The EIE Easybasket Project in Europe" represents all of the above for the technical staff, for the representatives from the different federations, for the partners involved and in general for all people who have been on this journey and involved in the development.

As the conclusion of this magical and unique journey we wish all our children will have a fantastic journey in the world of Easybasket, in Minibasket, in Basketball and in life.



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**EASYBASKET  
in Europe**



*Games for children should be like a new pair of shoes... Neither too long nor too short*

