



Team Circle Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Key Idea

Four Core Values

Description

Gather players into a circle. “Everyone stand side by side in a circle. We’re going to keep standing side by side as a group while we try to pass the ball to those across the circle from us. We’ll pass slowly, and remember to stay side by side at all times.” Repeat for 10 passes. “If you were just catching a pass by yourself and could move to get the ball, it would have been much easier. But when we think of working together as a team, it takes more effort. We need to put just as much effort into being good teammates, with everyone doing their part. We’ll talk about four qualities or values that help us be better players—*caring, honesty, respect, and responsibility*. These qualities are just as important as shooting, dribbling, and passing. Give me an example of each of the four values.” Listen to their responses and discuss.

Key Idea

Honesty

Description

Gather players into a group. “Think about the rules in basketball. I am going to tell you a rule. Raise your hand if you think it’s something you should let the official know happened.” Examples: traveling, tripping another player, dribbling the ball out of bounds. “You should let the official know about all of those rules being broken, even if the official does not see it. Raising a hand or telling officials is an honest thing to do when you break a rule, even if it is an accident. It’s important to be honest when you break a rule in practice and in games. It is a quality that makes you a better player.”



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Key Idea

Responsibility

Description

Gather players into groups of two partners. “Everyone stand and balance on one foot.” Wait while everyone gets his or her balance. “Now one of you offer your shoulder for your teammate to lean on. If you’re leaning on your partner’s shoulder, now try to balance on one foot again. Change places. If you were leaning before, now let your partner lean on your shoulder and stand on one foot.” Wait until everyone has balanced with the help of a partner. “Now come back here. Wasn’t it easier to balance when you were leaning on your partner? It works that way in basketball, too. When you help each other during practices and games, we work better as a team. Each of you can contribute. Your teammates count on you to contribute to the team. That is being responsible to your team.”

Key Idea

Respect

Description

Gather players into two lines standing opposite each other about five feet apart. “I want each line to walk toward the other and give each person in the other line a high-five. Imagine that the other line is your opponent for a game. Show me how you would act toward an opponent and what you would say if it was the end of the game and we lost the game. Start.” Assist kids if necessary. Listen to responses some players provide to each other. “At the end of each game it is important to show respect for your opponent. We do this by slapping hands and saying something like ‘good game,’ even if we lose the game.”



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Description

Gather players into two groups; one group will spread out and pass to each other. The other group will be to one side, as if on the bench during a game; they should be silent for the first 30 seconds of the activity. Then have them cheer and encourage on-court players; continue this activity for 30 more seconds. “When players are on the bench during a game, they should be encouraging their teammates, no matter what’s happening in the game. This is being responsible to your team. It helps players to keep trying hard even if they are losing or have made some mistakes. How did it feel when you were playing and the bench players didn’t encourage you? How about when they did encourage you?” Listen to both responses and have players compare feelings.

Key Idea

Caring

Description

Gather players into groups of two and give each group one ball. Players should dribble and pass the ball to each other, making sure to distribute the ball to their partners. “Each of you should say two good things about your partner’s skills. Then come back to me in a group. Begin.” Wait for them to regroup. “What were some of the comments your teammates told you?” Listen to their responses. “What kind of value or quality is it when you go out of your way to say something good about a teammate’s playing?” Listen to responses and encourage discussion as needed. “Caring is one of our core values. You show you care about your teammates when you encourage them. It’s also appropriate to compliment your opponents on their good plays.”



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Key Idea

Caring

Description

Gather players into a group and choose two to demonstrate with you. You will dribble the ball and have the two players work to get in position to receive a pass. Keep dribbling, and do not pass to them. “Were the other players in good position to get a pass? Why didn’t they get the ball? I didn’t pass the ball. Sharing the ball so all players get a chance shows you care about your teammates.” Have players get into groups of three and dribble and pass the “caring” way. Bring players back together. “Raise your hand if you think that caring is an important quality or value on this team. It is important!”

Key Idea

Respect

Description

Gather players in a group near two cones 10 feet apart. Act out two examples of celebrating for good play or a win. One should be exaggerated and obviously inappropriate, the other modeling the kind of celebrating you’d like to see from your team. “If you think the first example I showed you is the way to celebrate a good play, stand by this cone. If you think the second is the best way to celebrate, stand by this one.” All players should vote. After all players have voted, ask why they voted the way they did. “The second example is the kind of celebrating that shows respect for your opponents.”



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Respect

Description

Gather children together in a group and choose one child to help demonstrate. The child will pretend to be an official; you will be a player. Dribble the ball and pass out of bounds. Direct the child to blow a whistle or make a sound to stop play when this occurs. Stop and bring the ball back to the child. “What did I do when the whistle sounded?” Listen to responses—discuss stopping on hearing the whistle, bringing the ball over, and not arguing about the call. “You need to respect the official and their decisions at all times. It also shows respect to the official when you thank them at the end of the game.”

Key Idea

Responsibility

Description

Gather players between two cones about 10 feet apart. “What are some different ways you can move the ball and score?” Listen to their responses. Provide the example of players working together to move the ball and score as one choice. Give the example of one player working without any other teammates as the other choice. “Which of the two is the best example of teamwork? If you vote for the first example, stand at this cone; if you vote for the second example, stand at this cone. If everyone makes good teamwork their responsibility, we can all work together to be successful. When you’re responsible to your team, you become a better player.”



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Caring

Description

Gather players into a group and choose three players to demonstrate. These three will dribble and pass down the court about 20 feet and then back to the group. Set up another group to do the same activity. Rotate players into the two groups until they all get a turn. Bring the team back together to discuss. “What was happening every time a new person came into the passing group?” Listen to their responses. Discuss many players getting playing time. “When we share playing time, it shows that you care about your teammates. Players who care about each other want the whole team to get a chance to play. That way everyone can contribute to the team.”

Key Idea

Caring

Description

Gather players into a group. “Let’s imagine we’re playing in a game and one of your teammates passes to you. The pass is thrown too far away from you, and you can’t get to the ball. Pretend you say, ‘What a terrible pass! Get out of here until you learn how to play basketball!’ How would you change your comment to sound more positive and make the person feel better?” Listen to their responses. “It is important to make positive comments and not get upset when your teammates make mistakes. This shows you care about your teammates.”



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Responsibility

Description

Gather players into a group. Choose one player to demonstrate with you. Let the player know you'll be passing the ball and that he or she should pretend to be in position to make a basket. Make a bad pass to the player. Identify that the bad pass was your mistake. "Raise your hand if you think it's a part of learning when you make a bad pass." Give them time to raise their hands. "Now raise your hand if you think a bad pass means you are not a good player." Give them time to raise their hands. "Everyone makes mistakes, and when you make one it does not mean you're not a good player. Taking responsibility for your play, even when you can improve, is an important quality for good players."

Key Idea

Respect

Description

Gather players into groups of two. "Each of you tell your partner two or three ways you saw other players show respect this season. I'll give you two minutes." After two minutes, group all players together again. "Tell us what some of the examples were." Listen to examples and discuss. "It's important to notice respect being practiced and to talk about what we saw. All season we have been working on both basketball skills and being good teammates. Improving both of those areas tells me you have respect for yourselves and your teammates."