

Junkyard Basketball

Like every sport in this collection, basketball has a strong “street” tradition. You find basketball hoops on playgrounds, driveways, backyards, and alleys, as well as on the wall in an office and attached to a trashcan. Basketball could very well be your ideal junkyard-able sport not only because it’s ubiquitous but also because it’s so easily identified. The following collection of junkyard basketball demonstration games is a good representation of how powerful and adaptable basketball is and how easily we can bring it to new places and players.

Ball-for-All Basketball

A ball for every player.

Each team begins the game in their own basket zone (the semicircular zone by their basket). A team scores 2 points by getting the ball in the opposing team's basket. The team with more points at the end of 20 minutes wins. No physical contact is allowed between players. If a player loses her ball and it crosses the court boundaries, she can't retrieve it. No holding on to the ball—players must either dribble, pass, or shoot their ball at all times, even when standing still. A player can use his free hand to hit a basketball out of another player's hands. It is illegal to throw a ball at another player. If a player gets hit by a ball, she automatically gets a free throw.

▶ **PLAYERS**

Two teams of 3 to 12 players per team.

▶ **SPACE**

Basketball court, gym, or playground.

▶ **JUNK**

- A bouncing ball (basketball, playground ball, beach ball) for every player
- Noisemakers for referees

▶ **SETUP**

- One player from each team is selected as referee.
- Each team begins the game in their own basket zone (the semicircular zone by their basket).
- Every player has a ball.

▶ **SAFETY**

- If playing in a gym, players should have rubber-soled shoes or bare feet.
- Players are liable to get hit by a ball. There is a penalty for this, but players should all be aware of this risk.

▶ **COACHING TIPS**

The first time the game is played, use small beach balls or some other kind of ball that bounces and won't hurt players if it bounces off of them.

Wheelchair Doubles Basketball

6.2

Players in pairs riding wheelchairs.

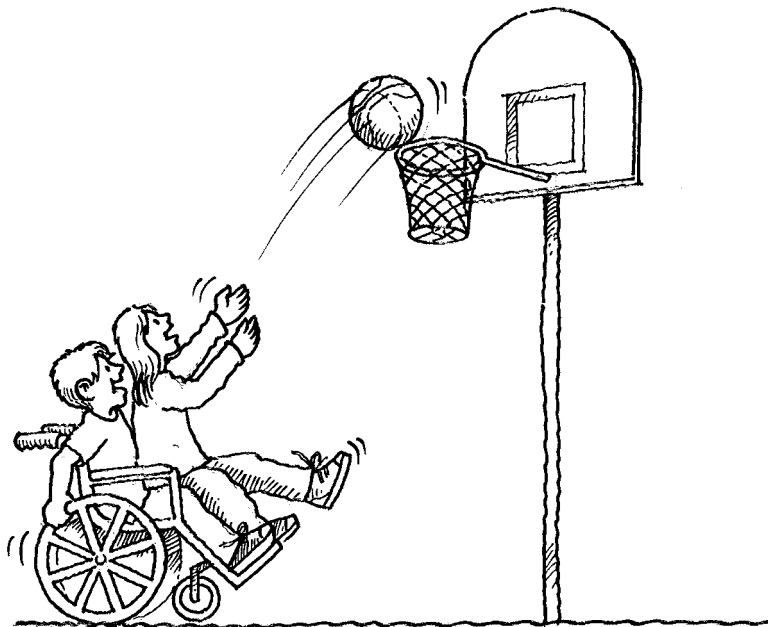
The game begins with two players, one from each team, competing in a tip-off. Other players position themselves so that they are each ready to receive the ball and move it down the court to the opponent's basket. Players score 2 points by getting the ball into the opponent's basket. The team with more points at the end of 20 minutes wins. Wheelers must keep both hands on their chairs at all times. Bouncers must either bounce or throw the ball. No holding the ball. Players who commit fouls exchange places with referees. The fouled player gets a free throw.

▶ PLAYERS

Two teams of 2 to 10 players per team.

▶ SPACE

- Playground, gym, or any hard-surfaced area at least 12 by 20 feet.
- A basket on either end (anything from a regulation backboard to trash-cans).



▶ **JUNK**

- Wheelchairs, office chairs, even shopping carts (one for every other player)
- A good bouncing ball (at least 6 inches in diameter)
- Cloth (towels, pillowcases, socks) for blindfolds (optional)
- Noisemakers for referees

▶ **SETUP**

- Players work in pairs. One player is the wheeler, the other the bouncer.
- The wheeler can stand behind a chair or sit on the chair. The bouncer can sit on the chair or on the wheeler's lap.
- Each team selects one or two players (one if the sides are uneven) to play referee.

▶ **SAFETY**

Chairs can tip over or collide if there's too much enthusiasm.

▶ **COACHING TIPS**

- Alternate roles where possible (wheelers change position with bouncers).
- Encourage bouncers and wheelers to develop good communication. Wheelers are standing and have a better view of the whole court.
- Try playing it with wheelers or bouncers blindfolded.

Racket Basket

6.3

Paddle the ball, hit the backboard.

Two players meet in the center of the court, far enough apart so that they can't hit each other with their rackets. The referee throws the ball straight down so that it bounces up between the two players. Players try to hit the ball toward their teammates (as in a tip-off). A team scores 2 points for hitting the opposing team's backboard, 10 points for hitting the basket. The team with more points at the end of 20 minutes wins. Players cannot touch the ball or each other. A player cannot hit another player with a racket. When a referee spots a foul, all play must stop. Players must keep the ball bouncing (no carrying the ball on the racket), but the ball doesn't have to bounce on the floor. A fouled player has the option of a free throw or of asking the player who fouled to exchange positions with a referee.

► PLAYERS

Two teams of three to five players per team.

► SPACE

Basketball court (indoors or outdoors).

► JUNK

- A racket of any kind (e.g., tennis racket or Ping-Pong paddle) for each person
- Some kind of ball that bounces well (Super Ball, Ping-Pong ball, jacks ball, silicone juggling balls, beach ball)

► SETUP

- Each team appoints a referee.
- Each player has a racket.
- Teams stand on either side of the two starting players, up- and down-court.

► **SAFETY**

- Be careful that players don't hit each other with rackets. Be quick to respond.
- If playing in a gym, players should wear either rubber-soled shoes or play in bare feet.

► **COACHING TIPS**

- Start with a larger ball that is easier to see, such as a beach ball.
- Start with a shorter-handled paddle, perhaps a Ping-Pong paddle.
- Try it with two paddles for each player.
- If there's any problem with players hitting each other with rackets, make it a rule that players can't run, but take only one step (keeping one foot in place).

Trash Basketball

6.4

Basketball with a paper wad and two moveable trashcans for baskets.

The team in possession of the ball gets 2 points every time they successfully get the ball in its basket. The team with the higher score at the end of 20 minutes wins. The trashcan carriers must stay within their zones. They can run with their trashcan and raise or lower it as they desire. If playing with a ball that doesn't bounce, players may not run with the ball. If the ball does bounce, players must dribble the ball while moving. Players cannot cross into the basket zone. Players cannot touch each other.

► **PLAYERS**

Two teams of 3 to 10 players per team.

► **SPACE**

Trash Basketball can be played on almost any open playing area, from 8 by 12 feet to regulation dimensions—basketball court, gym, playground, any open area. If players use a bouncing ball, the area should have a hard surface.

The field is divided into two or three zones (depending on whether you're playing on a half or full court). For a simple game on a half court, one zone is for the playing area, and the other is for the basket (trashcan) carriers. For a larger game on a full court, one zone is the playing area and one zone on each end is a basket zone (for a total of three zones). The boundaries for the basket area should be no more than a quarter of the court. The basket carrier can only travel within the basket zone (so that there's always a separation between the players and the basket carriers).

► **JUNK**

- One or more trashcans or shopping carts for baskets.
- The ball can be anything—wads of paper, sock balls, basketballs, playground balls.
- Chalk, traffic cones, toilet paper—anything to safely mark the boundaries and basket zones.

▶ **SETUP**

A trash basket and trash basket carrier are positioned in the basket zones at either end of the playing area (if playing full court).

▶ **SAFETY**

Players should wear rubber-soled shoes or be barefoot if on a hard surface.

▶ **COACHING TIPS**

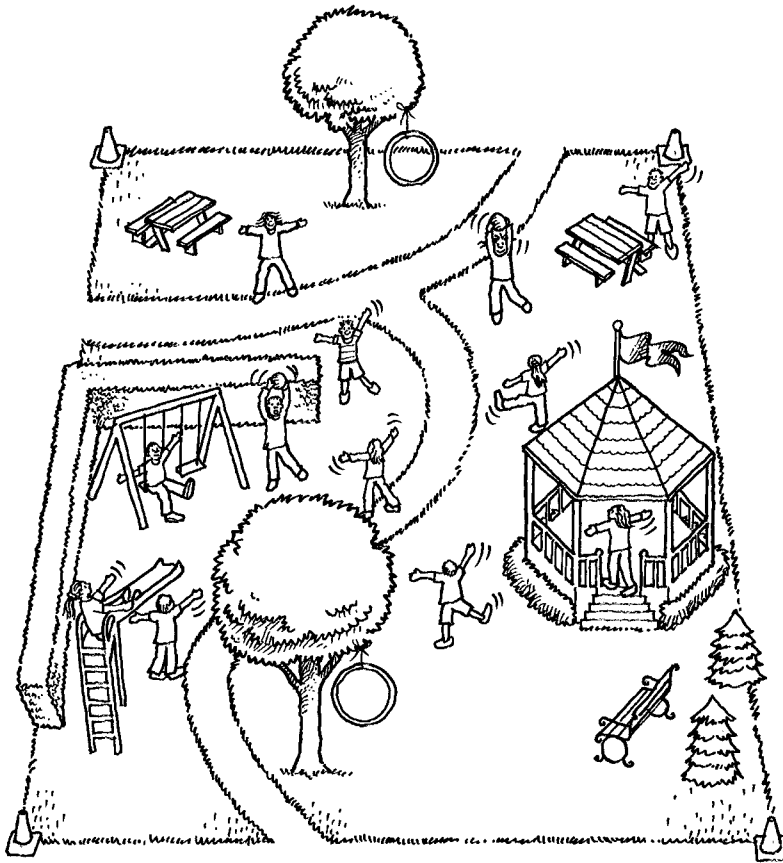
- Be sure the separation between the basket carrier and the players is wide enough to keep it a meaningful contest.
- Players should not be able to simply reach into the basket without throwing.
- If the basket carrier is in a wheelchair, he may opt to have a pusher.
- Remind players that there is no touching at all—no part of any player's body may touch anyone else.
- If people have trouble following the rules, have each team assign a player to be a referee. Then the rule is that if someone fouls, that player changes positions with a referee, or the player who was fouled gets a free throw.

All-Terrain Basketball

6.5

Play anywhere, but don't run.

Each team has one ball, and only the players who have the ball can move their feet. Players score 2 points every time they get the ball through the opponent's goal. The team with the higher score at the end of 20 minutes wins. Players with possession of the ball can take up to three steps and have the option of shooting or passing.



▶ **PLAYERS**

Two teams of three to seven players per team.

▶ **SPACE**

Define a space, no larger than 50 by 100 feet, that includes as many different kinds of terrain as you can find. You can mix indoor and outdoor spaces. The space should not be flat or regular. It should include stairs and doorways, parking lots and lawns. Tables, chairs, and other obstacles should be within the space. The only requirements are that the space be free of passers-by and breakable objects. Place a basket or similar target at either end of the space. Mark the borders.

▶ **JUNK**

- Two baskets or targets (hula hoops, trashcans, basketball hoops, cardboard cartons—whatever the ball can pass through)
- Tape, chalk, ribbon, toilet paper—anything to mark the boundaries
- Two or more objects that are easy to throw and catch

▶ **SETUP**

Both teams position themselves throughout the playing area. One player from each team has a ball.

▶ **SAFETY**

With two balls in motion, it is possible that someone might get hit. But, because this game doesn't involve running, it is unlikely that safety will be a concern.

▶ **COACHING TIPS**

Encourage players to pass the ball to each other so that they can get in the optimal position, defensively and offensively.

Playground Basketball

6.6

Make up a challenge.

The goal of this game is to make a throw that other players can't. A player gets a point if he fails to repeat the exact throw that the previous player successfully accomplished. The player with the fewest points at the end of 20 minutes wins. Players take turns. The first player determines a target: hitting a particular swing, the top of the sliding board, the middle of the jungle gym, and so on. The first player then determines the shooting position. For example, sitting in the swing, sitting on a moving swing, standing on the top of the jungle gym, sitting on the seesaw. The first player then determines the manner of throw: backward, left-handed, underhand. If the first player is successful, all other players must successfully repeat the throw—same position, target, and manner of throwing.

If a player fails, she is given a point. The player after her then determines the next target, position, and so on.

▶ **PLAYERS**

Two or more players.

▶ **SPACE**

Any space with playground apparatus: swings, jungle gym, sliding board, and so on.

▶ **JUNK**

Any object that can be thrown (e.g., ball, Frisbee, bean bag)

▶ **SETUP**

Use a section of a playground that is not being used.

▶ **SAFETY**

Make sure that the playing area is well defined and that no nonplayers are close enough to get hit.

▶ **COACHING TIPS**

- You might need to set some new examples for the players to help spark their creativity.
- Large groups can be broken down into smaller groups (no more than six in a group).

Musical Basketless Basketball

Group juggling.

The goal of this game is to build a complex motion without losing a ball. The more complex the motion, the better. One player starts. That player bounces the ball in some manner (change hands, turn around, toss and catch, bounce twice, and so on). All players perform the motion in the same way, simultaneously, and continue performing that motion until someone misses the ball or everyone agrees that the game is over. The next player adds a motion, performing both motions either in sequence or simultaneously. All players then imitate that player, until everyone has had a turn, or a ball is missed, or everyone wants to stop.

▶ **PLAYERS**

At least 5 players and as many as 50 players.

▶ **SPACE**

Any open area with a hard surface at least 10 feet in diameter.

▶ **JUNK**

- A basketball for each player
- A boom box with appropriately funky music

▶ **SETUP**

- Break the group into groups of 10 or fewer.
- Players stand in a circle, and each player has a basketball.

▶ **SAFETY**

Once players add a passing motion to the mix, things can get a little threatening (balls flying everywhere simultaneously).

▶ **COACHING TIPS**

- Encourage players to use the music; it makes it easier to keep a rhythm and makes the game more fun.
- Have groups demonstrate their completed "dance" to one another.

Air Basketball

6.8

Basketball with a balloon.

Cardboard cartons serve as goals for this game. Players score 2 points by getting the balloon to stay in the top carton. The team with the higher score at the end of 20 minutes, or when the game ends, wins. The balloon cannot touch the ground. If the balloon goes out of bounds or pops, the team of the player who last touched the balloon loses possession. The other team throws it back in to one of their players. Players cannot touch other players. Since there are no referees, players should call their own fouls. The game ends if a carton stack is knocked over.

▶ **PLAYERS**

Two teams of three to five players per team.

▶ **SPACE**

Any flat, open space at least 15 by 40 feet.

▶ **JUNK**

- Balloons or beach balls
- Materials for marking boundaries (e.g., chalk, tape, traffic cones)
- Cardboard cartons for making goals (enough to stack at least seven feet high), and the top carton is open on the top and wide enough for the balloon to enter

▶ **SETUP**

- Stack the cartons on either end of the playing field so that they are approximately where the baskets would be.
- Players gather in the middle of the field.
- One player from each team gets in position for the tip-off.

▶ **SAFETY**

- If playing outside, take the wind into account; try using a beach ball instead of a balloon.
- Players tend to look up often, and they might inadvertently run into each other. If the player with the ball is hit, it should count as a foul, and that player should be given a free throw.

► **COACHING TIPS**

- The stability of the carton stacks can become an issue, especially if there is a wind. If it becomes a problem, consider rescinding the rule about the game ending if a carton stack is knocked over. Stop the game and have the players restack the cartons, but let them know that the clock is still running.
- If players are successful at self-policing, you can eliminate the need for referees altogether. This is beneficial to the spirit of the game, so do what you can to recognize openness and honesty.
- Using a beach ball makes the game less funny but more competitive.

Paper-Wad Basketball

6.9

Toss paper wads into cups.

The goal of this game is to toss a wad into an opponent's cup or glass. The first player to achieve the goal wins the round. Play as many rounds as everyone wants. The player with the highest total wins then wins the game. Players toss wads simultaneously and can score only by getting their paper wads into the cup or glass of the player sitting on the opposite side.

Players can attempt to deflect each other's paper wads by hitting a wad in flight with another wad. Paper wads that fall off the table are out of play. If someone touches a wad in flight with her hand, it is a foul. A fouled player gets a free throw (no one else is throwing during the foul shot).

▶ **PLAYERS**

Two to six players.

▶ **SPACE**

Tabletop (at a restaurant, at home, in the cafeteria, on the floor).

▶ **JUNK**

- Glasses or cups
- Wadded paper napkins, tissues, or sheets of paper

▶ **SETUP**

- Players sit opposite each other. If there are four players, each would sit at his or her own side of a square table.
- In front of each player is an empty glass.
- Each player makes an agreed-on number of paper wads (two to six).

► **SAFETY**

Make sure there's nothing breakable on the table, and make sure there's no one nearby who would be too disturbed by this frolic.

► **COACHING TIPS**

- The tighter the wad, the better.
- Consider the virtues of wad wetting.
- This game can be played anywhere, outdoors or indoors. It can be played with balls and boxes, beanbags and hula hoops, pebbles and holes in the ground.
- Players can increase or decrease the distance between them when setting up.
- Try it with more or fewer players, younger and older.

Basebasket

6.10

Dribbling trashcan baseball.

The field is a baseball diamond made of trashcans, with teams in the outfield and at bat. The goal is to score a home run by touching every base in order and then returning home. The team with more home runs at the end of 20 minutes wins. The batter hits the ball as in a volleyball serve. If the ball is caught before it hits the ground, the batter is out and the other team is up to bat. The team in the field must dribble or pass the ball (no running with the ball unless while dribbling). To get a player out, the ball must be inside the trashcan of the base she's running toward. A runner may not run back to a previous base. If a runner makes it to a base before the ball, that runner is safe, and the next player on her team is up. There is no physical contact between players.

► **PLAYERS**

Two teams of 3 to 11 players per team.

► **SPACE**

Gym or playground or any open, ball-bounceable surface big enough for a small baseball diamond. The space should be 30 by 30 feet or more.

► **JUNK**

- Four trashcans or open cartons big enough to contain the ball
- A playground ball or beach ball

► **SETUP**

- Make a baseball diamond of sorts—put a trashcan at home plate, first, second, and third base. No pitcher's mound is needed.
- One team is in the outfield, positioned at and between bases; the other team is up to bat.

► **SAFETY**

If players are outdoors, running on a hard surface is always hazardous. Players should be dressed appropriately (long pants and long-sleeved shirts, soft-soled shoes).

► **COACHING TIPS**

- If you use a beach ball, you can make the field smaller (20 by 20 feet).
- If it's too hard for players to get the ball into the trashcan, make it a rule that they can just knock the trashcan over.

Wall Basketball

6.11

Bounce the ball against the wall first.

Players take turns trying to bounce the ball against the wall so that it goes into the basket. A successful throw scores 2 points. The player with the highest score at the end of 20 minutes wins. Players take turns throwing from the throwing line. The ball must hit the wall and then go into the basket. If the ball hits the basket first, or if the basket is knocked over, that player's turn is over. If the player succeeds, she gets another throw.

▶ **PLAYERS**

Two or more players.

▶ **SPACE**

A hard-surfaced area (gym floor or paved area) at least 10 feet wide by 20 feet long, adjoining a blank wall at least 10 feet wide and 10 feet high.

▶ **JUNK**

- Two trashcans or cardboard cartons large enough to hold a minibasketball
- Six minibasketballs or inflatable balls about 4 to 6 inches in diameter
- Tape or chalk to mark the throwing line

▶ **SETUP**

- Build the basket by stacking two trashcans together, the bottom trashcan mouth down and the top one mouth up (or do the same with cardboard cartons).
- Position the target about 3 feet away from the wall.
- Draw a throwing line about 10 feet away from the wall.

▶ **SAFETY**

Be sure the area is well cleared behind the players in case the ball bounces beyond their catch and they run to retrieve it.

▶ **COACHING TIPS**

Encourage players to explore variations: Move the "basket" farther away or closer to the wall, move the throwing line farther away, build a higher basket, throw underhanded, throw backward, and so on.

Ring Around the Basketball

Teams compete to develop a ball-bouncing routine.

The goal of this game is to create a “routine” that is too difficult for others to perform. Each team creates a routine. The other teams then take turns trying to replicate that routine. The team that creates a routine that the fewest number of other teams can perform then wins. Team members must be continuously in motion—no standing still. The ball must bounce at least once inside the hula hoop before another player catches it. A different player must return the ball each time.

▶ PLAYERS

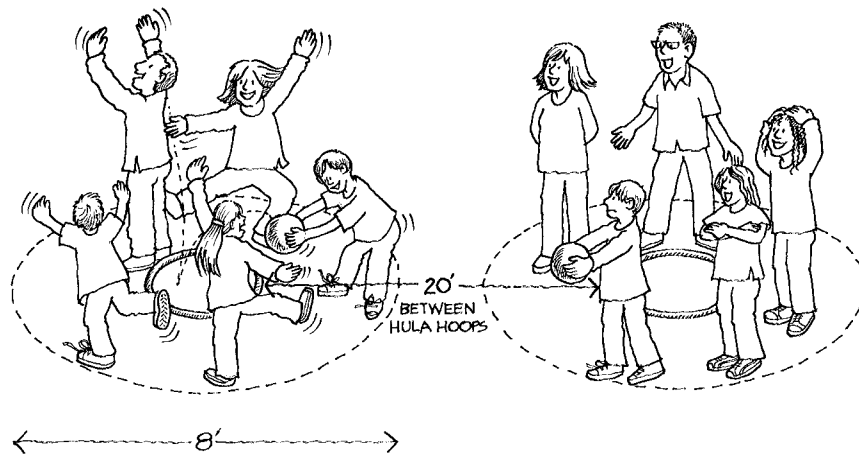
Two to six groups, two to six players per group.

▶ SPACE

Any hard surface (gym floor or playground). You’ll need a circle, at least 8 feet in diameter, per team.

▶ JUNK

- A hula hoop for each team
- Two basketballs for each team



▶ **SETUP**

- Place hula hoops on the ground about 20 feet apart (far enough from each other so that each team can develop its routine).
- Each team is given two basketballs and assigned a hula hoop.
- Each team stands equidistant around their hula hoop.

▶ **SAFETY**

Teams should be alert for stray balls.

▶ **COACHING TIPS**

- Encourage players to master each step before adding a new step.
- If they get stuck, help them try different strategies: changing directions, changing hands, turning around, clapping hands, clapping each other's hands together.

Scoot Basketball

Sit-and-slide basketball.

Players move by scooting backward. Players score 2 points for getting the ball in the opposing team's basket. The team with more points at the end of 20 minutes wins. Players must remain seated on their towels at all times.

▶ **PLAYERS**

Two teams of two or more players per team.

▶ **SPACE**

Any smooth polished surface (gym, hallway, cafeteria) with an open space at least 20 by 20 feet.

▶ **JUNK**

- Bath towels for each player
- Established basketball baskets or baskets made out of trashcans or cardboard cartons
- Basketball, playground ball, or small beach ball

▶ **SETUP**

- If there are no baskets available, create one on each end of the court, or just play on half court.
- Each player sits on a towel and is barefoot.
- One player from each team meets in the center for the tip-off.

▶ **SAFETY**

Scooting backward is a collision-prone activity. Luckily, you can't scoot very fast. But some words to the wise could help players avoid headaches.

▶ **COACHING TIPS**

- Rubber-soled shoes or bare feet definitely give players an advantage.
- Make sure players stay on their towels. If this game works well for them, think about using gym scooters instead.
- Players should be dribbling or passing at all times. Maintaining a good dribble is definitely a challenge when they're that low to the ground.