

SHADOW BALL STATIONS



Shadow Ball is an age-old pastime that was made popular by the Harlem Globetrotters. Players pantomimed passing, catching, and shooting an invisible basketball. The artistry and creativity of the Globetrotters was so convincing and entertaining that fans would arrive early just to watch the Shadow Ball routine. Goose Tatum, a former member of the Harlem Globetrotters basketball team, is credited with the creation of the “Magic Circle” — a trademark ball-handling routine that’s performed at the beginning of all Harlem Globetrotters games. As with any game or activity resource, it is up to you to assess the needs and abilities of the students under your supervision. Modify the game as needed to meet the requirements of your space, group size, and age ranges. The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and DO NOT require them to use or share equipment.

BUZZER BEATER (BASKETBALL)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissors to see who goes first.

- Remember, you have a “shadow ball” — you’re going to pantomime basketball skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Dribble the ball 5 times and pass it to your partner — that’s 1 point!
- Your partner will catch the ball, dribble 5 times, and pass it back to you — that’s another point!
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Perform 5 cross over dribbles, wrap the ball around your waist, and pass it to your partner — that’s 1 point!
- You cannot use the same type of pass 2 times in a row.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Dribble and juke a defender, then hit a fade away jump shot — that’s 1 point!

- You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Buzzer Beater challenge using a combination of basketball skills (shooting, dribbling, passing, etc.).
2. Take the game winning shot! Have your partner be the buzzer and count down: “5, 4, 3, 2, 1, errrrrrrrrrrrrrrrrrrr.” Hit the game winning shot at the buzzer in slow motion and celebrate like crazy