

Adjustable Ring Basketball Stand

Item #38454



- **Overview.** Hoop it up! Multi-target metal basketball stand features one 18”-dia. center hoop and three 16”-dia. outer hoops which are height adjustable in 1” increments. Its non-marring feet make it ideal for small-group activities, indoors or outdoors. Outer hoops turn into the frame for easy transport and storage. Includes storage bag that fits neatly in the lower portion of the frame. Measures 31”L x 27”W x 54”H.
- **What Are the Educational Applications?**
 - Practices shooting skills in sport or non-sport setting. By giving an opportunity to practice shooting accuracy, the instructor is helping develop the life skill of hand/eye coordination, which may lead up to hand/eye/foot coordination. Although shooting to a net is relatively specific to basketball, aiming at a target translates to other sport-related activities. This product also allows the instructor to differentiate directions for the varying levels of students without using a large amount of equipment.
 - Shooting is an essential component of a basketball unit. When a student practices shooting, s/he is practicing hand/eye coordination in relationship to a stagnant or non-moving target. As the student increases their skill set, shooting while another student blocks the target can be added. Another way to modify shooting for varying learners is to adjust the distance or location of the Adjustable Multi-Ring Basketball Stand relative to the student.
 - Allows individual development in a group activity session.
- **How Can I Use This Product With My Students?**
 - **Where:** Can be used indoors or outdoors.
 - **Age:** Can be used with various ages and skill levels, but recommended for beginners and/or younger individuals.
 - **Group Size:** 1-6
 - **Basic Skills Needed:**
 - Prior to using Adjustable Multi-Ring Basketball Stand, instructor should teach shooting cues. Most PE instructors use the acronym “BEEF” to teach students correct form: Balance, Elbow, Eyes and Follow Through.
 - Make sure the distance to shoot from is appropriate for the given age group or student.
- **Set Up/Instructions**
 - Make sure all pieces are tightly fit together.
 - Make sure screws are covered if lower hoops are temporarily removed from apparatus.

The Games/Activities

• **Activity #1: Shoot by Number**

- a. Objective: Interdisciplinary activity incorporating math.
- b. Set Up: Classes are divided into teams and each student receives a number.
- c. How to Play: When a student's number is called he/she runs out, grabs their team's ball and attempts to shoot a basket. When their five attempts are complete, students return to their team and await the next number. Students who are not called participate in a designated exercise while their teammate completes their shot attempts.
- d. Extension: Numbers can also be called out using math problems to disguise numbers and increase math comprehension.

• **Activity #2: Make it Take it**

- a. Objective: Successful shots = poly spots!
- b. Set Up: Divide the class into a number of small teams. Place several poly spots around the Adjustable Multi-Ring Basketball Stand.
- c. How to Play:
 - On signal, the first person on each team attempts to shoot their ball into one of the rings of the Adjustable Multi-Ring Basketball Stand from any poly spot of the person's choosing.
 - If the student makes the shot on the first attempt, he/she takes the spot and their ball back to their team. Student places the spot on the floor near where the rest of the team is lined up and hands the ball to the next person in line.
 - If the student misses, he/she gets the ball and returns to the team, handing the ball to the next player in line. Students only get one chance to shoot the ball per turn.
 - Game continues until all the spots are gone or the instructor calls time. At the conclusion of the time period or when the spots run out, each team counts the number of poly spots to determine a winner.
- d. Extensions:
 - Assign point values to spots either by proximity, color or random.
 - Have students use math skills to determine score.

• **Activity #3: Tic-Tac-Toe Basketball**

- a. Objective: Each successful shot earns a move on a tic-tac-toe board.
- b. Set Up: Divide group into an even amount of teams.
- c. How to Play: Have the first person in each line attempt to shoot a basket. Each person gets one attempt to make a basket. If a player makes a basket they get a beanbag of their color and place it on one of the boxes of the tic-tac-toe board. Each group gets their own tic-tac-toe board. If a student does not make the shot, then s/he does not get to mark a place on the board with a beanbag. First team to get a straight line of tic-tac-toe wins that round. After each round, switch teams to play each other or switch the players to other teams.

• **Activity #4: Pass and Shoot Ball**

- a. Objective: Teammates must pass the ball to everyone on their team at least once without the ball being intercepted by the opposing team.
- b. Set Up: Play "Rock Paper Scissor" to decide which team begins with the ball.
- c. How to Play:
 - Once everyone has received a pass, any player can attempt to score a basket by making a shot into the Basketball Stand.
 - Players may not make any type of physical contact with the other team.
 - Players should pass the ball to their team and move toward the basketball stand without fouling the other team players.
 - A player who is in possession of the ball cannot move in any direction from the spot where the ball was caught, but the player can pivot with a planted foot.
 - If the opponents intercept the ball, they must take it back to their starting area.
- e. Extension: This game can also be played with two Adjustable Multi-Ring Basketball Stands with one at each end, instead of having one in the middle of the court.

• **Safety Issues & Concerns**

- Make sure students are aiming at the Adjustable Multi-Ring Basketball Stand and not other students.
- Make sure students are aware of other students and their surroundings prior to retrieving balls, since multiple objects may be moving in their direction from varying angles.
- Make sure students do not position themselves under the hoop or inside the attachments.
- Do not allow students to pull or touch Adjustable Multi-Ring Basketball Stand to avoid the equipment falling on the student.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

24/7 Online Ordering!

Order FlagHouse products online 24/7! View our latest products, not yet in our catalogs! Create wish lists! Online specials! Hot Buys! Expanded content!

<http://www.FlagHouse.com>
<http://www.FlagHouse.ca>

FlagHouse Exclusive Online Specials!

FlagHouse Hot Buys! View our latest online product specials - this pricing is not available in our catalogs! Limited quantities, so get them while they are HOT!

<http://www.FlagHouse.com/HotBuys>
<http://www.FlagHouse.ca/HotBuys>

Do you have an idea for a brand new product or a new game idea? We would be happy to speak with you - contact us at <http://www.FlagHouse.com/NewIdeas>

Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

In the US: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

In Canada: FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

International Customers: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887