

BUZZER BEATER (BASKETBALL)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor 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 (while staying 6 feet apart).
3. Get in a group of 4–6, standing 6 feet apart. Pass the ball around, Harlem Globetrotters style. Ask your instructor to play the song "Sweet Georgia Brown."