

## TOT/PRESCHOOL BASKETBALL (AGES 3-5) ACTIVITY REFENCE GUIDE



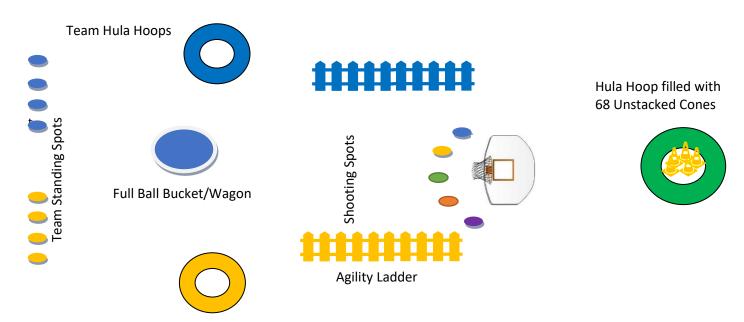
BB8 vs. R2D2 Challenge (Tot Edition)

Purpose: Shooting

Equipment: Cones, spots, hula hoops, Basketball Hoop

Set Up: (see diagram below)

- Break kids into camp teams and assign each team to a hula hoop (Blue Team R2D2 and Orange Team BB8)). Put standing spots behind the hoop to show the kids where to stand
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.
- Set-up the course so the Basketball hoop in horizontal in the middle. Put a shooting spot out for each team.



## **Execution:**

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots/tape line
- Put a cart filled with Basketballs between the two teams
- Review/demonstrate proper shooting Hand under the ball. Use second hand to hold it tight. Start with the ball at your chest (for younger kids shoulder is fine). Then High-Five the ball up to the hoop. Aim for the white square on the backboard.
- Narrate storyline The Blue Team is R2D2. The Orange Team is BB8. They have to build a spaceship for their Jedi's (Luke and Rey). The cones in the far hoop/bucket are the scraps they need to build the spaceships, but Kilo-Ren has put up and invisible forcefield between the hoop and the scraps. The only way to put down the force field is to shoot the Ball in the Bucket. This will give you 10-seconds to grab the cones and get back to your team's ladder which will take you back to your team's home base.
- Coach calls player from each team. They grab a ball and run up to one of the rainbows shooting spots (older kids should dribble or bounce/catch.
- Coach tells the player(s) what color to stand on and has them shoot the ball
- If they make it they get to pass the force field and grab 2-cones out of the large Hula Hoop/Bucket with the scrap Cones. They then march up the ladder and put the cone in their teams Hula Hoop, then get back in line.



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- **If they miss** Have them grab the ball and try again. Make sure they have the correct hand positioning before shooting. If the second shot isn't going to go in, nonchalantly tip it in and say good shot! Then they can pass the Force Field and grab their 2-cones.
- Once all the cones have been collected, the coaches help the kids build the StarShips (See Below). There will usually be two coaches on this game so each coach can help one of the teams
- Build the StarShips in front of each team's standing spots/tape. Have the kids grab 1-cone and bring it to you. Then tell them where to put it down, carefully!!!
- Once both teams have completed their StarShips, have each player grab a ball and stand in their team line. On coaches whistle, both teams do a chest pass and knock-over the starships. Then have them help you clean them up and get ready for the next station.

<u>Advanced Variation:</u> Players only get 1-chance to make the shot. If they make it, the force field is down, and they can grab the cones. If they miss, they must dribble back and give the balls to the next players in line.

## Comments:

- For younger kids, put a bucket under the SuperNet to catch the balls. For older kids whose hoop doesn't have a supernet, put a bucket between the hoop and the cones for them to deposit the ball in before grabbing the cones.
- How to build a Rebel Star Ship:
  - o Build a 10-cone triangle base
  - o Put 6-cones upside down in the gaps
  - Stand 6-cones on top of the upside-down cones
  - o Put 3 cones upside down in the gape
  - Stand 3 cones on top of the upside-down cones
  - o Put 1 cone upside down in the gap
  - o Put 1 cone on top
  - o Put two cones on either side of the base to be the wings.