



HOOP HOP CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

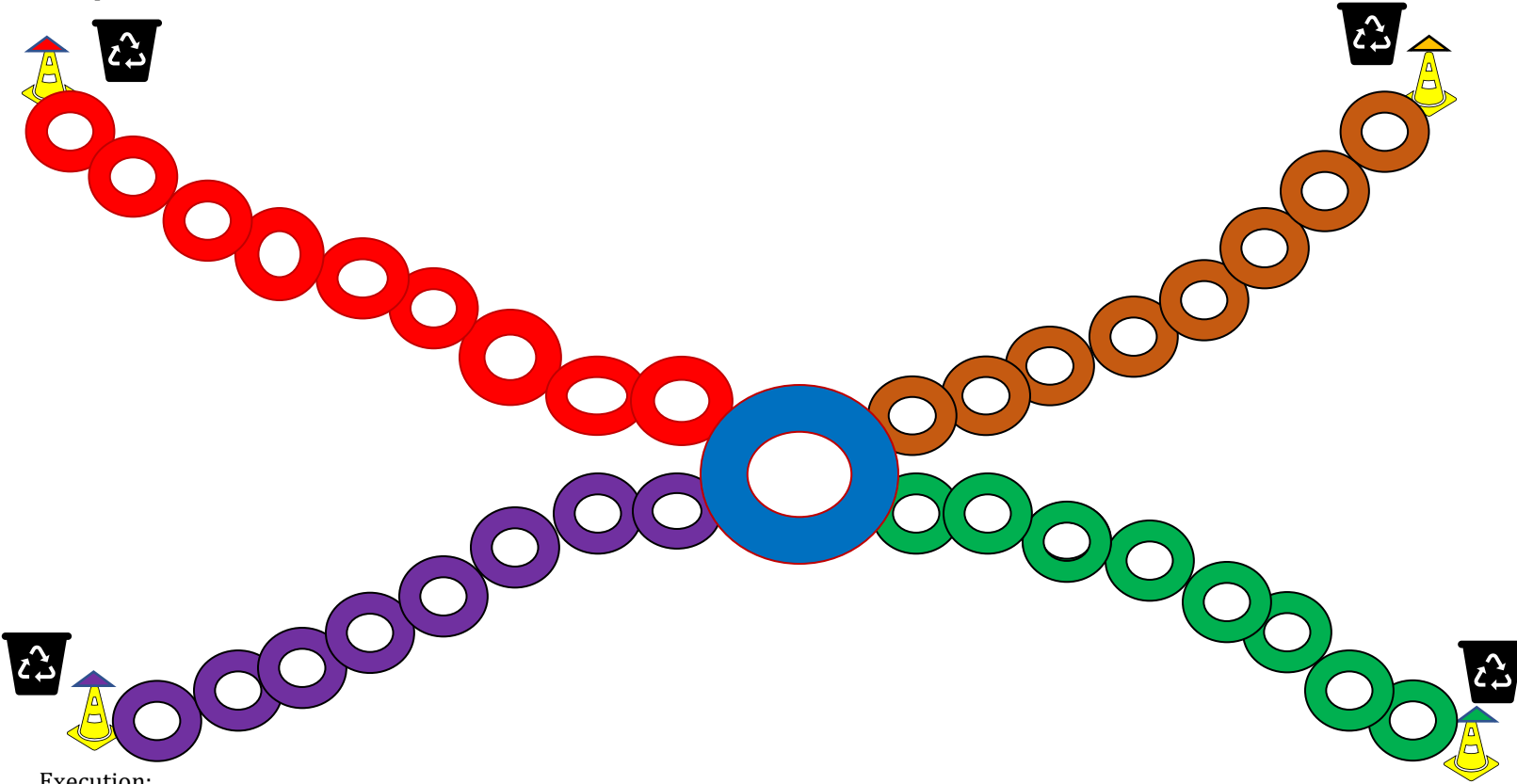


Hoop Hop Challenge

Purpose: Shooting, Teamwork, agility, Strategy

Equipment: Buckets. Hula Hoops, cones, buckets

Set Up: Basketball Court



Execution:

- Split teams into groups of about 5
- Have cones to mark the team's starting spots and have each person on the team stand in a single file line
- When the coach blows the whistle, one kid from each end starts hopping through all of the hula hoops as fast as they can until they run into each other, either in adjacent hoops or in the same hoop.
- The Center (Blue) hoop will serve as the passageway for kids to go into the opposing team's territory
- At that point, they play rock-paper-scissors until one of the kids wins and then jumps through their side of the hula hoops
- The loser goes back to their end of the hoops behind their other teammates, and a new kid immediately steps up at that end, and the winner and the new player hop until they run into each other.
- This process continues until someone reaches the opposing end. Then That player's team then steals a spot/point for their team from the other team's bucket and goes around the game and back into their team line and drops their spot into their team's buckets.