

MULTI-SPORT (AGES 6-11) ACTIVITY REFERCE GUIDE

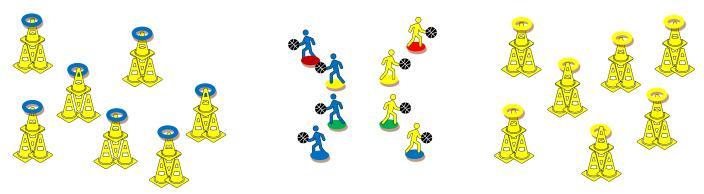


Pirate Ships Bonanza - Part 1 (Basketball Passing)

Purpose: Passing

Equipment: Cones, Colored Disks, Colored Spots, Basketballs, Buckets (if available)

<u>Set Up:</u> In the middle put two sets of matching colored spots (one for each kid), facing in opposite directions. On either side of the cannon put 6-10 cone towers (12-20 Total) with a colored disk on top to mark the pirate sails.



Execution:

- 1. Teach proper passing technique (Breakdown, Demonstrate), and have players practice passing the ball with a partner. Coach walks around to work on form/technique.
- 2. Break players into 2-teams and assign each team to one half of the court
- 3. Nate Pirate Ship Storyline Using the Chest Pass, we are going to see what team can sink the other teams Pirate Fleet first. The Ball is the Cannon Ball, the Cone Towers and the Pirate Ships, and the Colored Spots are the Cannons.
- 4. Tell each team to make 6-10 pirate ships (3 cones standing up, 1 upside down in the middle, 1 standing on top, colored disk on top of the top cone), and place their pirate ship fleet somewhere on their half of the court. (if you have the buckets, just put the bucket upside down with the cone and disk on top.
- 5. Let them know the colored circles mark the cannons where the other team will be throwing the ball from so be strategic in your set-up
- Once each team has set-up their pirate fleet, have them stand on their cannon spot (assign each kid to a color).Players should be standing back-to-back
- 7. When coach says "FIRE" both players pass their basketball and try to sink the other teams pirate ships but knocking the top cone/disk off the tower. They only get 1-pass.
- 8. Coach says "Load your cannons", all players go out into the ocean and grab their cannon ball, and return to their cannon. (if a player intentionally knocks down a pirate ship while getting their cannon ball, give them 1-warning. Second time they do it they sit out the next round. This really slows the game down and you have to put a stop to it right away).
- 9. Coach says "Rotate" and all players move down 1-spot (Blue Cannon to Green Cannon, Green to Yellow, Yellow to Red, Red to Blue)
- 10. Coach says "FIRE" and players pass again
- 11. Continue until one of the teams have knocked down all the pirate ships on the other side. That team "wins", but not really.
- 12. Move onto Round 2 BASEBALL THROWING

SEE NEXT PAGE FOR ROUND 2 - BASEBALL THROWING



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Pirate Ships Bonanza - Part 2 (Baseball Throwing)

Purpose: Throwing

Equipment: Cones, Colored Disks, Colored Spots, Snag Balls, Buckets (if available)

<u>Set Up:</u> In the middle put two sets of matching colored spots (one for each kid), facing in opposite directions. On either side of the cannon put 6-10 cone towers (12-20 Total) with a colored disk on top to mark the pirate sails.



Execution:

- 1. Teach proper throwing technique (Breakdown, Demonstrate), and have players practice throwing the ball with a partner. Coach walks around to work on form/technique.
- 2. Break players into 2-teams and assign each team to one half of the court
- 3. Nate Pirate Ship Storyline We are going to see what team can sink the other teams Pirate Fleet first. The baseball is the Cannon Ball, the Cone Towers and the Pirate Ships, and the Colored Spots are the Cannons.
- 4. Tell each team to make 6-10 pirate ships (3 cones standing up, 1 upside down in the middle, 1 standing on top, colored disk on top of the top cone), and place their pirate ship fleet somewhere on their half of the court. (if you have the buckets, just put the bucket upside down with the cone and disk on top.
- 5. Let them know the colored circles mark the cannons where the other team will be throwing the ball from so be strategic in your set-up
- 6. Once each team has set-up their pirate fleet, have them stand on their cannon spot (assign each kid to a color). Players should be standing back-to-back
- 7. When coach says "FIRE" both players throw their baseballs and try to sink the other teams pirate ships but knocking the top cone/disk off the tower. They only get 1-throw.
- 8. Coach says "Load your cannons", all players go out into the ocean and grab their cannon ball, and return to their cannon. (if a player intentionally knocks down a pirate ship while getting their cannon ball, give them 1-warning. Second time they do it they sit out the next round. This really slows the game down and you have to put a stop to it right away).
- 9. Coach says "Rotate" and all players move down 1-spot (Blue Cannon to Green Cannon, Green to Yellow, Yellow to Red, Red to Blue)
- 10. Coach says "FIRE" and players throw again
- 11. Continue until one of the teams have knocked down all the pirate ships on the other side. That team "wins", but not really.
- 12. Have all players give a high-five to the other team and say GOOD GAME!
- 13. Move onto Round 3 Soccer Shooting



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Pirate Ships Bonanza - Part 3 (Soccer Shooting)

Purpose: Shooting

Equipment: Cones, Colored Disks, Colored Spots, Soccer Balls, Buckets (if available)

<u>Set Up:</u> In the middle put two sets of matching colored spots (one for each kid), facing in opposite directions. On either side of the cannon put 6-10 cone towers (12-20 Total) with a colored disk on top to mark the pirate sails.



Execution:

- 1. Teach proper Shooting technique (Breakdown, Demonstrate)
- 2. Break players into 2-teams and assign each team to one half of the field
- 3. Nate Pirate Ship Storyline We are going to see what team can sink the other teams Pirate Fleet first. The baseball is the Cannon Ball, the Cone Towers and the Pirate Ships, and the Colored Spots are the Cannons.
- 4. Tell each team to make 6-10 pirate ships (3 cones standing up, 1 upside down in the middle, 1 standing on top, colored disk on top of the top cone), and place their pirate ship fleet somewhere on their half of the court. (if you have the buckets, just put the bucket upside down with the cone and disk on top).
- 5. Let them know the colored circles mark the cannons where the other team will be throwing the ball from so be strategic in your set-up
- 6. Once each team has set-up their pirate fleet, have them stand on their cannon spot (assign each kid to a color). Players should be standing back-to-back
- 7. When coach says "FIRE" both players kick their Soccer Ball and try to sink the other teams pirate ships but knocking the top cone/disk off the tower. They only get 1-kick.
- 8. Coach says "Load your cannons", all players go out into the ocean and grab their cannon ball, and return to their cannon. (if a player intentionally knocks down a pirate ship while getting their cannon ball, give them 1-warning. Second time they do it they sit out the next round. This really slows the game down and you have to put a stop to it right away).
- 9. Coach says "Rotate" and all players move down 1-spot (Blue Cannon to Green Cannon, Green to Yellow, Yellow to Red, Red to Blue)
- 10. Coach says "FIRE" and players kick again
- 11. Continue until one of the teams have knocked down all the pirate ships on the other side. That team "wins", but not really.
- 12. Have all players give a high-five to the other team and say GOOD GAME!
- 13. Move onto Round 4 Volleyball Serving

SEE NEXT PAGE FOR ROUND 4 - Volleyball Serving



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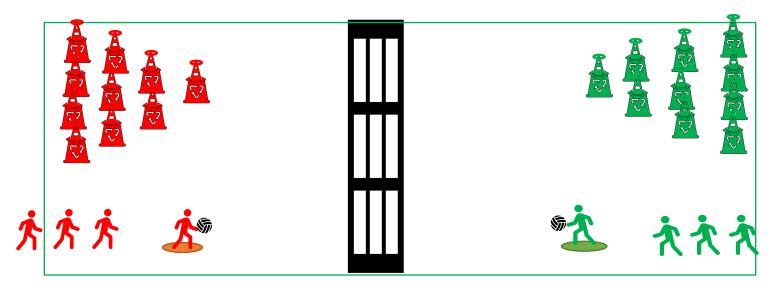


Pirate Ships Bonanza - Part 4 (Volleyball Serving)

Purpose: Serving or Hitting/Spiking depending on Edition

Equipment: Volleyballs, Volleyball Net

<u>Set Up:</u> Have team standing spots in a vertical line each side of the net. On the opposite side of each court, have the player build 10 Pirate Ships.



Execution:

- Narrate Storyline Each team is going to try to sink the other team's Pirate Fleet by Serving the Ball into the Pirate ship and knocking down the sail (i.e. cone)
- Give the first player on each team a Volleyball
- When coach blows his/her whistle, both players serve the ball into the other teams fleet.
- Players only get 1-serve then they go to the back of the line
- Coach give the ball to the next player in line and the game continues.
- First team to distroy the other teams fleet wins that round
- Count up score from all 4-rounds. Whichever team knocked down the most buckets at the end of the 4-rounds is the Winner.
- Have all players give the other team and High-5 and tell them Good Game! Award points for sportsmanship, respect and integrity.

Variations:

- <u>Serving Edition</u> As shown above. Player start with the ball and serve it over the net
- <u>Hitting/Spiking Edition</u> Coach starts with the ball and sets it to the player who hits/spikes it over the net.