

BASKETBALL (AGES 6-11) ACTIVITY REFENCE GUIDE

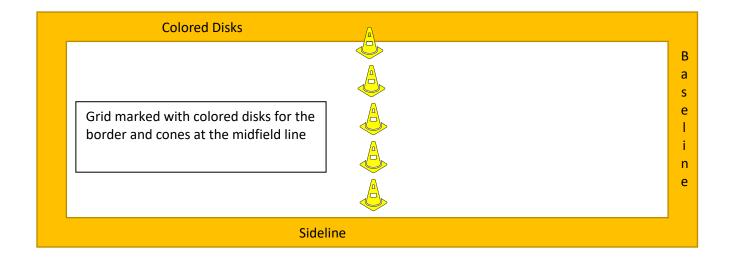


Spiderman Dodgeball

Purpose: Teamwork, Strategy, Catching, Agility

Equipment: Colored Disks, Dodgeballs

<u>Set Up:</u> Set-up a large dodgeball game grid with a midfield line to separate the two sides.



Execution:

- Divide players into camp teams and have them stand on their team's baseline.
- Put half of the dodgeballs on each side of the field
- When coach blows his/her whistle, the game begins and all of the players grab a dodgeball and start throwing the ball at the other team.
- If a player gets hit by a ball below the head, they are out and must take a knee/sit down where they were hit.
- If the ball bounces first it doesn't count. If the ball hits the player in the head, it doesn't count
- If a player catches the ball, the player who threw the ball is out
- Each team has 1-character with special powers
 - Spiderman If Spiderman catches the Dodgeball, everyone on the team is back in the game.
- Start with all players being Spiderman. Next round have only 3-players on each team be Spiderman. Than 2 Spiderman's and final 1 Spiderman.
- Continue as time permits.

<u>Comments:</u> Adjust the number of Spiderman's on each team based on the age/ability of your campers.