



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

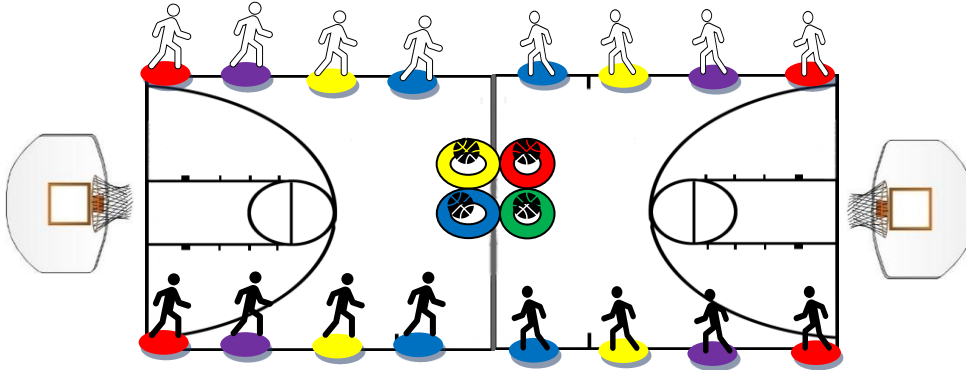


Hunger Games Basketball

Purpose: Shooting, Dribbling, Speed, Teamwork

Equipment: 4 Hula Hoops, 4 Basketballs, Colored Spot/player

Set Up: Set-up a line of colored spots on each sideline for players to stand on. Spots should match the same color on the opposite side of the court (red – red, blue – blue, etc). There should be two spots per team, one on each half of the basketball court as show below. Put the four hula hoops down near the mid-court line and put a basketball in each hula hoop.



Execution:

- Break the players into 2-teams, and assign 1 team to each sideline. Coach assigns a color to each player. There will end up being 2 players on each color per team. Assign the players based on age and ability
 - Example: 16-player Game
 - Red: Most Advanced two players on each team (4 Red Players Total)
 - Purple: Next two most advanced players on each team (4 Purple players total)
 - Yellow: Next two most advanced players on each team (4 Yellow players total)
 - Blue: Two most novice players on each team (4 Blue players total)
 - This will make sure players are going up against players of equal ability. Coaches should not tell the players they are splitting them up based on ability. Just tell them where to stand.
- Once all the players are standing on their spot, review with the players to make sure they know their color:
 - “If you are standing on a blue spot, raise your hand”
- Assign each group (4-players in this example) to a Color Hula Hoop and a Basketball Hoop. There are two groups on each team.
 - In this example, blue and green are one team and playing against Red and Yellow.
 - In this example, blue and yellow will be shooting on the hoop to the left. Red and Green will be shooting on the hoop on the right.
- Practice Round: Make sure players understand the rules and rotation. Coach calls 1-color (i.e. RED), and all four players standing on red run to their hula hoop, grab the basketball out of THEIR TEAMS HULA HOOP, and do a lay-up on the correct basketball hoop. Once they make the Lay-up, they dribble back to their hula hoop, place the ball inside their hula hoop (make sure it is placed so it doesn't roll out), then returns to their spot. Do this for all the colors.
- NARRATE STORYLINE: We are now playing for points. Blue and Green will be representing Team 1. Red and Yellow will be representing Team two. When Coach calls a color:
 - The Four players on that color run to their teams Hula Hoop
 - Grab the ball out of their hula hoop
 - Dribble to the shooting spot on the court (coach will announce this each round (lay-up, low block, free throw, 3-point, etc.)
 - Keep shooting from that spot until they make a shot
 - Get their rebound
 - Dribble the ball back to their hoop and place their ball in the hoop
- The first player to get the ball back in their Hula Hoop gets 4-points for their team. 2nd get 3-points. 3rd gets 2-points. 4th gets 1-point.
 - Coach will blow their whistle repeatedly when the time expires. At this time all players who have not made the shot yet must get their ball back in their Hula Hoop in under 10-seconds or they will lost 1-point for their team. *It is important to install this rule for time efficiency purpose.*
- START THE GAME!



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- Coach calls 1-color. Those four players race to be the first player to make the shot and get the ball back in their hula hoop. Coach shouts out, 1st, 2nd, 3rd, 4th, as players return, then documents the points on their clipboard/notepad. There is a lot of scoring in the game so coach needs to make sure they have something to keep score on.
- Coach reinforces storyline, gameflow/rules, form/technique and teamwork/strategy throughout.
- Coach changes the shooting spot (lay-up, free throw, elbow, shoulder, corner 3, etc.), each round. Coach can use a spot on the court, or actual color spots for each team. I recommend Color Spots for younger players especially.
- Coach covers a difference FOCUS each round (elbow in, follow through, release point, footwork, etc).
- Continue as time permits. Introduce variations (see below) if you think your players are ready.
- The team with the most points when time expires wins the game.
- Have both teams demonstrate sportsmanship and respect.
- Review dribbling and shooting and their purpose in the sport.

Variations:

- **Infinite Points:** Throw down shooting spots for each team. Players continue to shoot the ball in the hoop from their shooting spot until the coach blows his/her whistle. At that point both players dribble back to their hula hoop and put their ball in the hula hoop. First player to put their ball in the hoop gets 1-point. Players also get 1-point for every shot made during that round. Teammates on the sideline need to count out loud every time their player makes a shot (1, 3, 2, etc.). Run time should be about 15-30 seconds.
- **Team Alternate Shot:** Coach calls 2-colors each round. This means 2-players from each group (4 per team, 8-per game) are on the court. There is still only 1-basketball per group. Players from the same group alternate taking each shot. One shoots, the other rebounds. They must alternate each shot. With Team Alternate Shot you can choose from a few scoring options.
 - First pair to make the ball once and get it back to their hula hoop.
 - First pair have both players make the ball once and get it back to their hula hoop.
 - Infinite Points Scoring.

Comments: For more advanced groups you can work in dribbling moves and specific shooting forms/moves (fadeaway, baseline floater, euro step, etc.)