



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

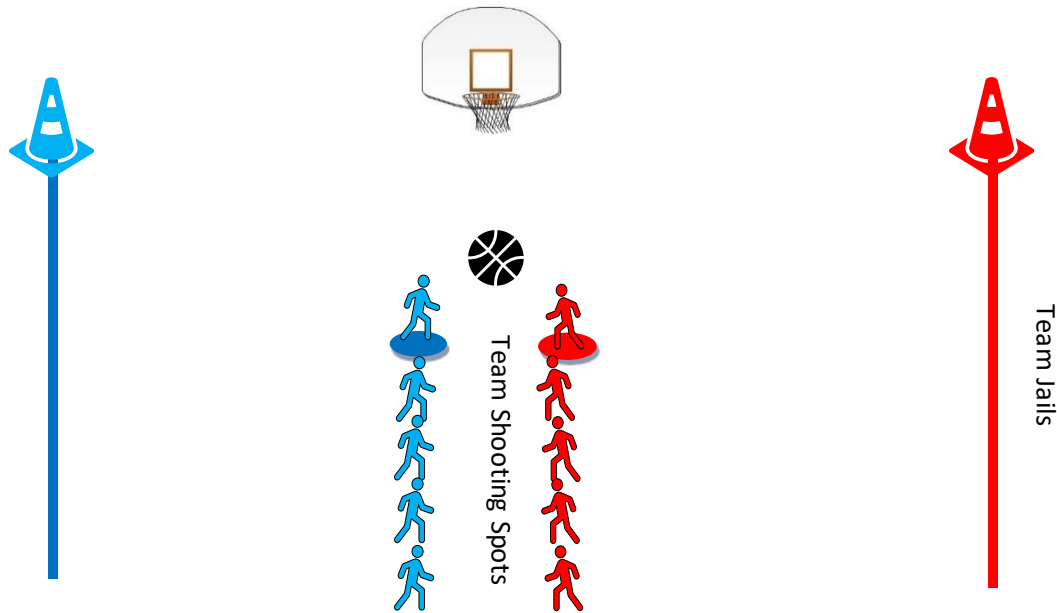


Jailbreak

Purpose: Shooting

Equipment: Basketball, Colored Spots.

Set Up: Put down two team shooting spots on the Free Throw Line. Have each team line-up behind their teams standing spot.



Execution:

- Have each team line-up behind their shooting spot.
- Review and demonstrate proper shooting form.
- Assign a sideline to be each team's jail. For younger players you can use cones to indicate the jails.
- Narrate Storyline: Right now, everyone is in the game. If you make the shot, you get in the back of your team's line and you are still in the game. If you miss, you are in jail and must stand you're your team's jail. If a team makes two shots IN A ROW, it is a jailbreak, and everyone is back in the game.
- Coach gives the ball to the first person in one of the team lines and the game begins. Coach says jail, or good, after each shot. Then passes the ball to the first player in the other team's line. It is alternative, not a race.
- Once a team runs out of players, the game is over. Coach awards a point to the other team.
- Move the shooting spots and continue as time permits.
- Coach reinforces storyline, rules/gameflow, rules/technique, and teamwork throughout
- Coach should implement a FOCUS for each round (footwork, follow-through, elbow in, etc.)
- Team with the most points when time expires wins the game
- Have both teams demonstrate teamwork and respect
- Review shooting form/technique and its purpose in the sport.

Notes:

- Coach can change the number of consecutive shots required based on the age and ability of the players, as well as where they are shooting from. Coach can change it to 1-shot = jailbreak for novice groups or advanced groups shooting from deep.