



Basketball Camp (Teamwork & Technique)

Activity Reference Guide



Star Wars Basketball

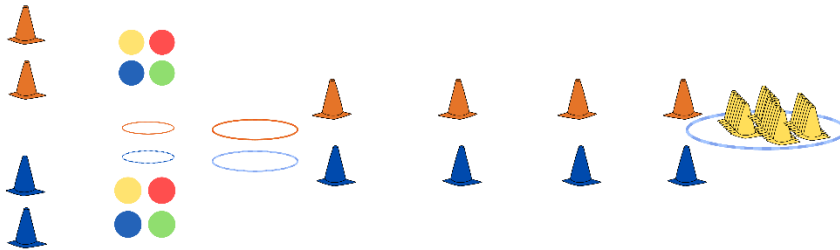
Episode IV: A New Hope

Purpose: Dribbling, jump stops, pivots, bounce passes.

Equipment: Cones, spots, hula hoops, Basketball

Set Up: (see diagram below)

- Place gate cones for each team. BB8 – Orange, R2D2 – Blue.
- Put down 4 colored spots in a tight square 5-10' from the starting gate. Use one of each color and make sure the colors match for both teams.
- On the far side of the court put down a pile of as many cones as you can find. Make sure you pull the cones apart before making a pile. You can put the cones in a hula hoop, cart, or just a pile on the ground.
- Between the gate code and the cones, put down a row of zig zag cones (try to match team color). Put down a team hula hoop and agility hoop between the zig zag cones and the gate cones.
- *If you are doing The Empire Strikes Back as part of the game, make sure you take basketball hoop placement into consideration before setting up (see Episode 5 below).*



Execution:

- **TEAM PRACTICE:** Things to review
 - Gate code dribbling
 - Picking up and putting down cones while dribbling
 - Jump Stop & Pivot
 - Bounce Pass, Wrap Around Pass, Step Through Pass
 - Zig Zag Dribbling
 - *Advanced – Switch the cone hand and do a cross over between each zig zag cone.
 - **NARRATE STORYLINE:** The rebel forces are building their fleet to fight back against the empire. Your drones have been sent out to gather the materials/scraps they need to build their spaceships. The materials you need are on the far side of the galaxy under empire control. Luckily we have recovered a code from princess Leia that will gain us access to the planet. Enter the code, gather the supplies you need, and make your way back to your team. Be sure not to crash into any asteroids on your return flight home.
 - Coach announces Princess Leia's secret code (i.e. Red, Blue Green Yellow). Have all players repeat a couple of times to make sure they know it. Start easy and make them more and more difficult as you go.
 - Coach gives a basketball to the first player on each team.
 - When the coach blows his/her whistle the player from each team dribbles up to the color gate and enters the code in the correct order by dribbling the ball on the correct color spots.
 - If the player enters the code correctly, he/she may pass. If they do not enter it correctly, they must try again.
 - After the player gets through the gate, they dribble up to grab 1 cone from the pile. They must keep their dribble the entire time while picking up the cone.
 - They then dribble back zig zagging through the asteroid field back to their teams hula hoop. They put their cone down in the hula hoop then dribble up to the agility hoop. They do a jump stop with their inside foot in the hoop. Pivot towards their team line, then do the correct pass (bound, step through, wrap around).



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- The next person in line goes. Once the kids start to get the hang of it, add in a 2nd then 3rd ball to minimize wait time.
- Continue for 5 minutes then move onto Episode V.

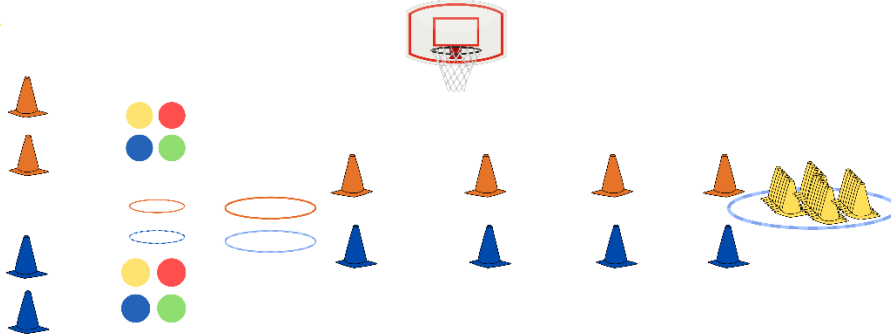
Episode V: The Empire Strikes Back

Purpose: Add in Shooting

Equipment: Cones, spots, hula hoops, Basketball, Basketball Hoop.

Set Up: (see diagram below)

- Add in a basketball hoop. The placement of the hoop will depend on your facility:
 - Side Hoops: If your gym has side hoops that is ideal. You would start on the baseline under the main hoop and each team can have their own side hoop to shoot on.
 - Main Hoop: If the gym only has 2-main hoops, play sideways on the court so the main hoops are on the side. If you can use the full court each team can still have their own hoop. If you only have half a court like in the diagram below, both teams can share a hoop.
 - Portable Hoop: Put right in the middle of the game so the players can shoot on the hoop on their way to the cone pile. For this method, move the zig zag cones to the sideline.



Execution:

- **TEAM PRACTICE:** Review Shooting Form
 - Footwork: 1-2 step vs. hop step.
 - Alignment: Toe facing hoop. Knee over toe, Elbow over knee.
 - Guide Hand – Fingers to the sky.
 - Follow through – hand in the cookie jar.
- **NARRATE STORYLINE:** Darth Vader has received word of our plan to steal the starship materials and has put up a forcefield around the planet. To put down the forcefield our droids must shoot the basketball into the hoop. This will temporarily low the forcefield for 15-seconds.
- Continue to play same as A NEW HOPE, but now players must enter the color gate code and make a basket in order to grab the cone.
- **IF THEY MAKE THE BASKET:** They get their rebound. Dribble to the pile of cones. Grab 2-cones from the pile (make sure to keep dribble while you stack them up), zig zag dribble through the asteroid field, drop the cones in their team hula hoop, do a jump stop in the agility hoop, and make the appropriate pass to the next person in line.
 - You can have various spots that they can shoot from to dictate how many cones they get (1-pointer, 2-pointer, 3-pointer, etc.)
- **IF THEY DON'T MAKE THE BASKET:** They get their rebound. Dribble through their asteroid field, do a jump stop in the agility hoop, and do the appropriate pass to the next person in line. Everything is the same but they don't get the cones.
 - *This can be tricky if they are sharing a hoop like in the diagram above. Make sure they dribble around the cone pile to their side of the asteroid cones and don't cut through the other teams' asteroid cones.*
- Continue for 5-10 minutes (based on game length) or until all the cones are gone.
- **Move onto EPISODE VI – Return of the Jedi.**

Variation: Add in Storm Troopers & Dodgeballs



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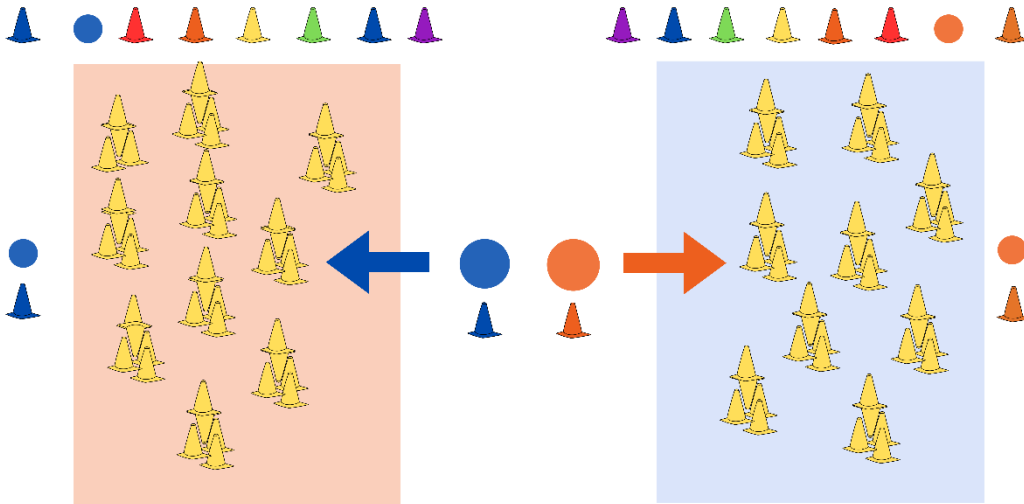
Episode VI: RETURN OF THE JEDI

Purpose: Passing

Equipment: Cones, Colored Spots, something to mark the play area if your don't have court lines already.

Set Up: (see diagram below)

- It works best if your court has volleyball lines. If not, use the court lines available to assign play areas for each team to build their starships. Put down 3 spots on each side of the court with a cone directly behind it. Jedi Spot (directly in front of the starships), Chew Spot (directly behind the starships), Han Solo/Poe Spots (on the sideline).



Execution:

- TEAM PRACTICE:** Review form for passing with power
 - Thumbs together
 - Step to your target
 - Thumbs to the ground
 - Get your power form your legs
- NARRATE STORYLINE:** It is time for battle. Driods rush to build as many starships as they can for their Jedi's. It is Luke/Leia Skywalker, Han Solo and R2D2 race against Rey/Finn, Poe, and BB8 to see who can be the first to destroy the imperial fleet. The first team to destroy all imperial fleet ships on their side of the court wins the game. Be sure to be strategic in setting up the formation of your starship fleet.
- Execution:** Give each team the cones they collected in episode IV and V. They can use those cones to build as many starships as they can within the allocated area designated for each team.
 - A Starship required 5 cones. 3 in a triangle. 1 upside down in the middle. 1 on top.
 - Left over cones cannot be used in the game. 5 cones or nothing.
- Teams have 2-minutes to build their starships as a team.
- Divide each team into 3 groups and assign each group to lineup behind one of the cones (Jedi, Chewy, or Han/Poe). The first person in each line goes forward and stands on the corresponding player spot to start the game.
 - Jedi Spot (luke/Leya & Rey/Finn): The main spot players will stand on when performing their chest pass to knock down the enemy starships
 - Wookie Spot (Chewy for both teams): The person in the back who retrieves the ball that was just passed into the cones and passes it along to the pilot.
 - Pilot Spot (Han Solo & Poe): They dribble the ball through the special move cones and pass the ball to the Jedi.
- The Jedi starts on the Jedi Spot with the ball. On the coaches whistle the Jedi performs a chest pass and tries to knockdown one of the enemy starships.
- The player on the Chewy spot retrieves the ball and does a bounce pass to the person standing on the pilot spot.
- The player on the Pilot Spots dribbles through the Zig Zag Cones and does a chest pass to the player on the Jedi Spot
 - For advanced groups, assign a special move to each colored cone:
 - Crossover: Red
 - Double Cross: Orange
 - V-Dribble: Yellow
 - In-Out Dribble: Green



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- In-Out Cross: Blue
- Spin: Purple
- Players follow their pass and get in the back of the line they just passed to:
 - Jedi passers get in the back of the Chewy line.
 - Chewy Passers get in the back of the pilot line.
 - Pilot passers get in the back of the Jedi line.
- Continue until all the starships have been destroyed on one of the teams. Only the top cone needs to be knocked down in order for the starship to be counted as destroyed.
 - For older groups – the ball must hit the cones in the air (no bounce passes). For all groups, the ball should only be allowed to bounce once (no baby bounces). Correct passing form only
- Have both teams demonstrate sportsmanship.
- Recap the skills you covered and their importance in the game of Basketball.