



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

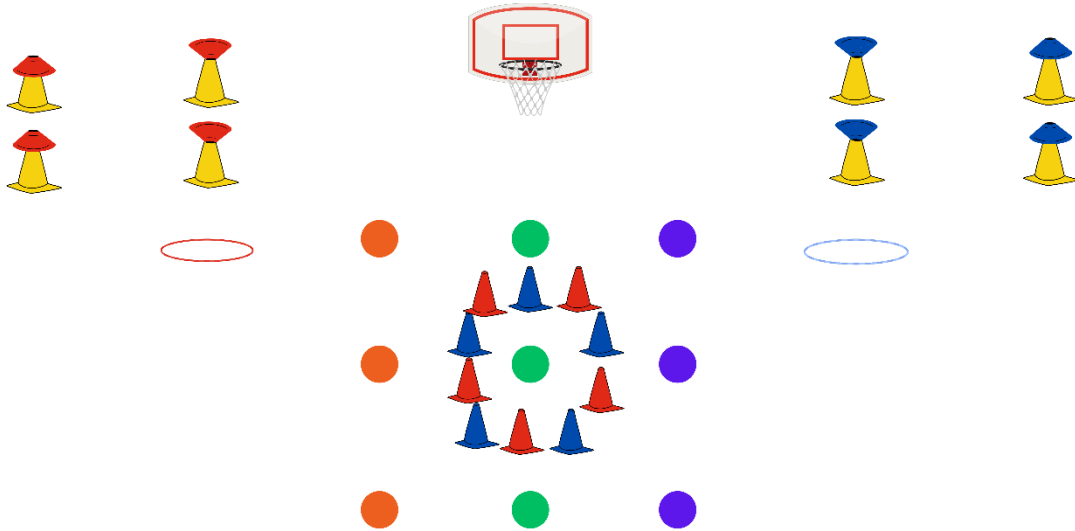


TIC, TAC, TOE, DRIBBLING

Purpose: Dribbling, Ball Control

Equipment: Agility Hoops, Cones, Colored Spots

Set Up: Create a Tic Tac Toe board near half-court as shown below. Put down 5 cones of each team color scattered throughout the middle of the tic tac toe board. Use cones/disks to create team lines and a ball control gate. Use an agility hoop to create the jump stop hoop.



Execution:

- Pair up players and have them stand across from each other. Give 1-side a ball. Teach them 3 Ball Control Exercises that you will be using during the game.
 - Mummy Wraps
 - Figure 8's
 - Through the Leg Switches (with bounce)
- Introduce dribbling & its function in the sport. Breakdown and demonstrate proper dribbling form.
- Have players line-up in two team lines. Give a basketball to the first 3 players in each team line.
- Practice Round:
 - Start with just 1-cone for each team inside the Tic Tac Toe Grid. The person in each line dribble to the ball control gate, performs the Mummy Wrap, dribbles down to the Tic Tac Toe Grid, moves a cone of their team color onto a colored spot (while dribbling), then dribbles to their teams jump stop hoop and performs a jump stop (inside foot in the hoop), pivot (so they are facing their team lines) and pass (to the next person in line. The next person does the same thing and moves the cone to a different spot.
 - Use 3 basketballs per team to keep the wait time to a minimum. The next person in line can go as soon as the person in front of them has completed and exited the ball control gate. Be sure to clarify that this is just for practice and is not a race so take your time and do it right.
 - Once everyone has gone through, move onto Figure 8's
 - Once everyone has gone through, move onto through the leg switches and this time add in the shot.
- Narrate Tic, Tac, Toe Storyline and game objectives/team goals.
- PLAY: Let the players know that it is now a race. The first team to get Tic, Tac, Toe on the board wins the round.
- On the coaches whistle, the first player on each team dribbles up to the gate code and performs a Mummy Wrap. If the ball hits the ground they have to try again.
- That player then dribbles to the basketball hoop and performs a lay-up on the hoop.
 - The next person in line with the basketball can go as soon as the person in front of them has exited the ball control gate.
- IF THEY MAKE THE LAY-UP: They get to go to the Tic Tac Toe grid and move one of their cones onto one of the empty colored spots.
- IF THEY MISS THE LAY-UP: They get their rebound and dribble back to their team line.



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- **MAKE OR MISS:** The player must do a jump stop in their team Jump Stop Hoop, perform a proper pivot, and then do a bounce pass to the next person in line without a ball.
- Continue until one of the teams gets Tic Tac Toe, or it is called a tie game.
- Change the Ball Control Move and continue as time permits. Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
- Implement variations below based on your group.
- Continue as time permits.
- Have all players demonstrate sportsmanship and respect to the other team.
- Recap dribbling, passing, and the jump stop through questions

Variations:

- **3 Cones only:** Only put 3 cones down for each team on the game board. Once all 3 cones have been placed on the gameboard spots, future players will move the existing cones to another spot, trying to get Tic, Tac, Toe.
- **Free Throws:** Make the players do Free Throws instead of layups.
- **Ultimate:** Players can use their turn to move their cones on a spot, **OR MOVE THE OTHER TEAMS CONES OFF A SPOT.** If they move the other teams cone, they must stand it up inside the Tic Tac Toe Board play area.