



# Basketball Camp (Teamwork & Technique)

## Activity Reference Guide



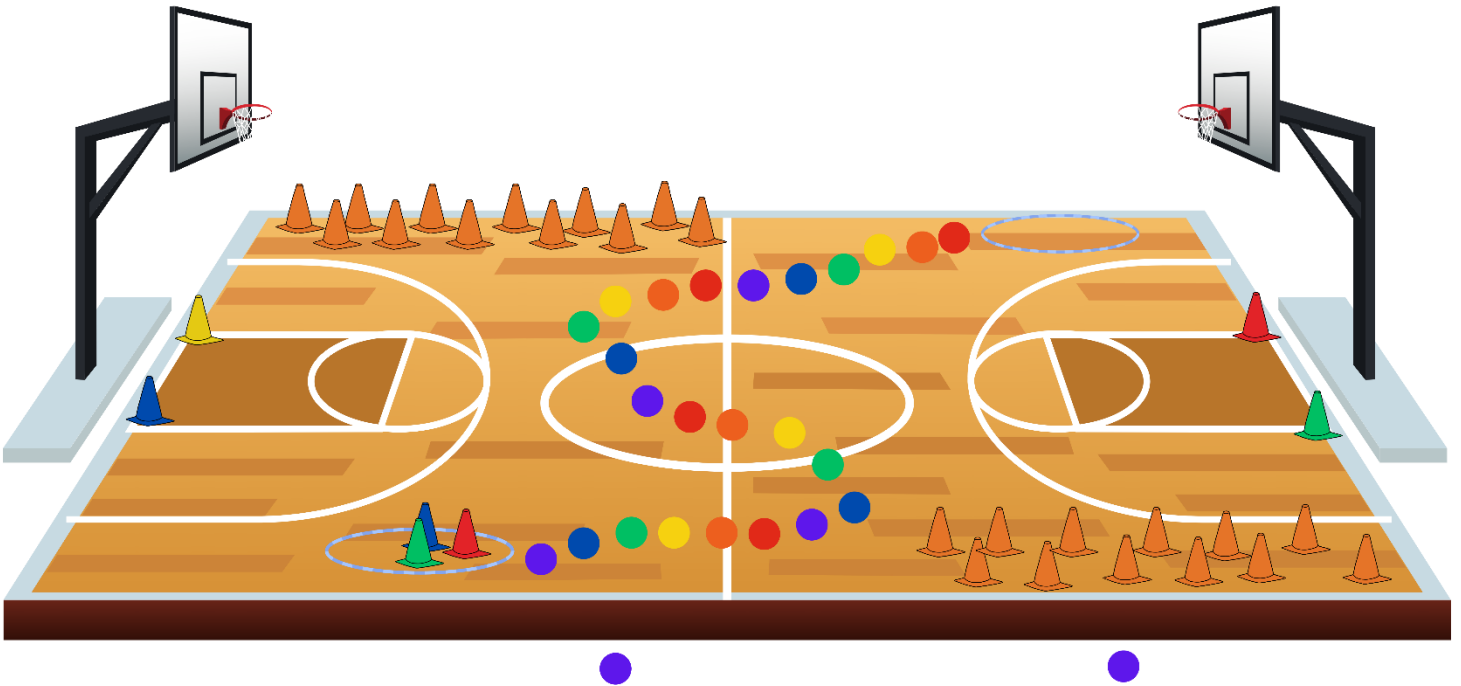
### CandyLand

Purpose: Shooting Form

Equipment: 9" Colored Spots, 5" Colored Spots, Cones

Set Up:

- Gameboard – Use as many 9" spots as are available in your gym to create a zig zag CANDYLAND gameboard that goes from 1 corner of the court to the other. Put a Hula Hoop down on either corner. Fill 1 hula hoop with cones. That will be the starting line.
- Scatter neutral colored cones along the sideline. Place a small 5" colored spot under each cone.



Execution:

- Introduce/reinforce your shooting footwork alignment (toe to basket, knee over toe, elbow over knee).
- Breakdown and demonstrate proper form.
- Practice:
  - Go over the gameboard and rules, rotations, skills, strategy, and scoring for the game.
- NARRATE STORYLINE: We are playing CANDYLAND. The first team to their cone across the game board and into the hula hoop on the far side of the court wins the game.
- GAMEPLAY: All players start lined up on the baseline. Give a basketball to the 2<sup>nd</sup> and 3<sup>rd</sup> player in line. On the coaches whistle the first person in each line runs out to the free throw line and receive a pass for the next person in line. They take 1 shot focusing on their alignment.
- IF THEY MAKE THE SHOT: They dribble down to one of the neutral colored cones and while dribbling, turn the cone over to grab the spot hidden underneath. They grab the spot, give it to their coach, then grab their team cone and move it to the next gameboard spot of that color. They then dribble back and give the ball to the next player in their team line without a ball.
  - Example: If there is a RED spot under the cone, they would move their cone to the next RED SPOT.



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- IF THEY MISS THE SHOT: They get their rebound and pass it to the next person in line without a ball. (make sure they call the players name and give them a bounce pass so nobody gets hit in the face with the ball).
- ROTATION:
  - The person on the baseline passes the ball to the shooter at the free throw line.
  - The passer then runs to the free throw line to become the next shooter.
  - Shooter gets the ball to the next person in line without the ball and gets in the back of the line.
    - Once the players get the hang of the rotation they can start adding in more balls per team to speed up the game.
- NOTES:
  - If you land on another teams cone, you get to skip that spot and move up to the next spot of that same color:
    - i.e. you pulled a red spot so you move your team cone to the next red spot on the gameboard but there is already a cone there. You would jump over that cone and go to the NEXT red spot.
  - If there are no more spots on the gameboard of the color you pulled between your cone and the finish hula hoop, your cone goes in the hula hoop and your team wins the game.
- Reset board and continue as time permits. You can switch what direction you go on the board each time. Change up where the teams shoot from each round.
- Depending on how many small spot your have, coaches may have to re-hide spots throughout the game which is why we tell the players to hand the spot to the coach/director before moving the cone.
- Coaches reinforce skills, storyline, score, and strategy throughout the game.
- Have all players demonstrate RESPECTING THE ROOTS at the end of the game.
- Recap shooting alignment and its important in the game: