



Basketball Camp

Fun & Fundamental (ages 5-7)

Activity Reference Guide

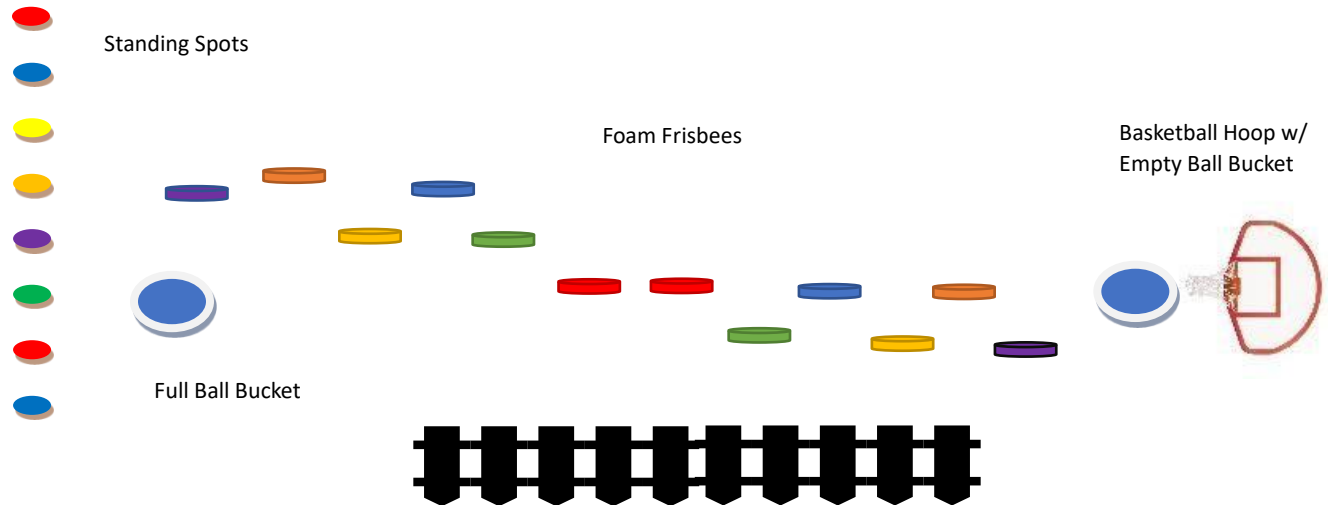


Feed the T-Rex w/ Lava Rock Challenge

Purpose: Shooting

Equipment: Basketballs, Basketball Hoop, Spots, SuperNet, 2 Ball Buckets, Foam Frisbees

Set Up: Put down spots in a horizontal line to the hoop. Attach SuperNet to the Hoop with an empty bucket under it. Put a second ball bucket (full) between the player spots and the hoop.



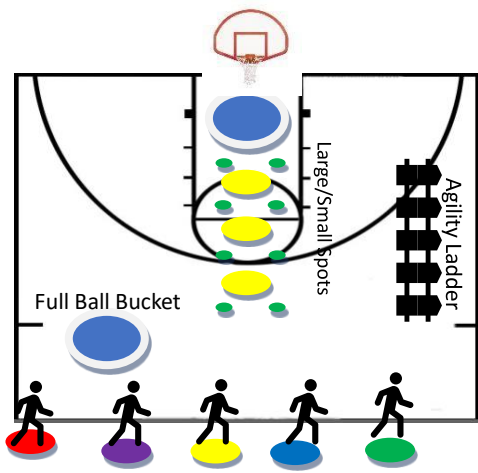
Execution:

- Teach players proper Shooting Technique “High Five to the Sky” (Breakdown, Demonstate).
- Grab the Empty Ball Bucket and have each player shoot the ball into the bucket
- Grab the Basketball Hoop out of the stand with the SuperNet Attached. This is the Baby Dinosaur. Bring the hoop by each player and have them shoot the ball into the baby dinosaur’s mouth.

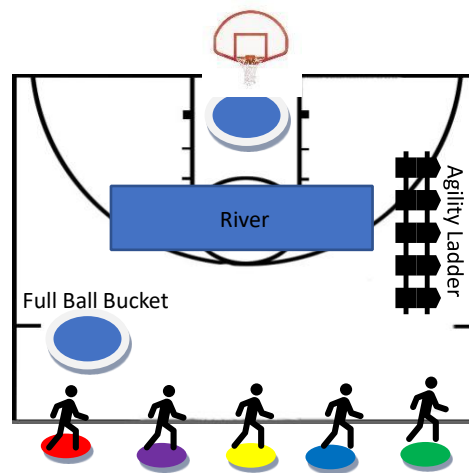
- Narrate Feed the T-Rex Dinosaur – “The players are now ready for the adult dinosaurs. The Adults live on Dinosaur Island which is surrounded by LAVA!
- The only way to get onto the island is to walk on the lava Rocks (Foam Frisbees). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar.
- The kids are the dinosaur keepers and it is their responsibility to feed the T-Rex’s their favorite food...Basketball Eggs” which are currently in the food dish (Full Ball Bucket).
- The basketball hoop is their T-Rex. Rim is the mouth, SuperNet is the Neck, and Bucket is the Belly. Start with the small Dinosaur’s – Hoop on the lowest level.
- Have standing spots to show the kids where to shoot from so they don’t stand too close to the hoop. Make sure the player does not put his hands in the Dinosaurs Mouth...Ouch!
- Coach calls up the first player who grabs a ball out of the bucket, walks on the Lava Rocks, goes up to the hoop and shoots the ball into the Dinosaurs mouth.
- On the players 3rd attempt, the coach should tip the missed shot into the hoop.
- Players take the lava bridge back to their spot.
- Start with 12 Foam Frisbees down in a vertical line as shown above.
- Once every player has gone select one of the players to take away **one** of the Lava Rocks (Can’t the first or last rock – Purple one in this example)
- Have the players cross again, calling names one at a time.
- Don’t eliminate players, but give a point to the player(s) who make it across without stepping in the Lava
- Continue until none of the players can make it across, or time elapses.
- Raise the hoop each round to make sure you are always challenging the kids. If a kid makes the ball on one level, raise it the next until you get to the highest level.
- Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
 - Recap Shooting Technique and when/why it is used in Basketball

Variations:

- Jump the river – Same activity but instead of the Lava Rocks you put down a tarp (river). Start with the tarp folded up so it is easy to jump over. Each round, open the tarp up to make the river larger and larger.
- Hop-Scotch Challenge - The only way to get onto the island is to hopscotch on the Lava Pads. Large Spots – Jump Both feet together on the same spot. Small Spots – Jump both feet apart). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar. Change the pattern of the Lava Rocks each round. Eventually you can add in the 1-small spot which means “jump on one foot”: 2-feet apart, 2-feet together, 1-foot, 2-feet apart, 1-foot, etc.



Hop Scotch Challenge



Jump the River