



# Basketball Camp

## Fun & Fundamental (ages 5-7) Activity

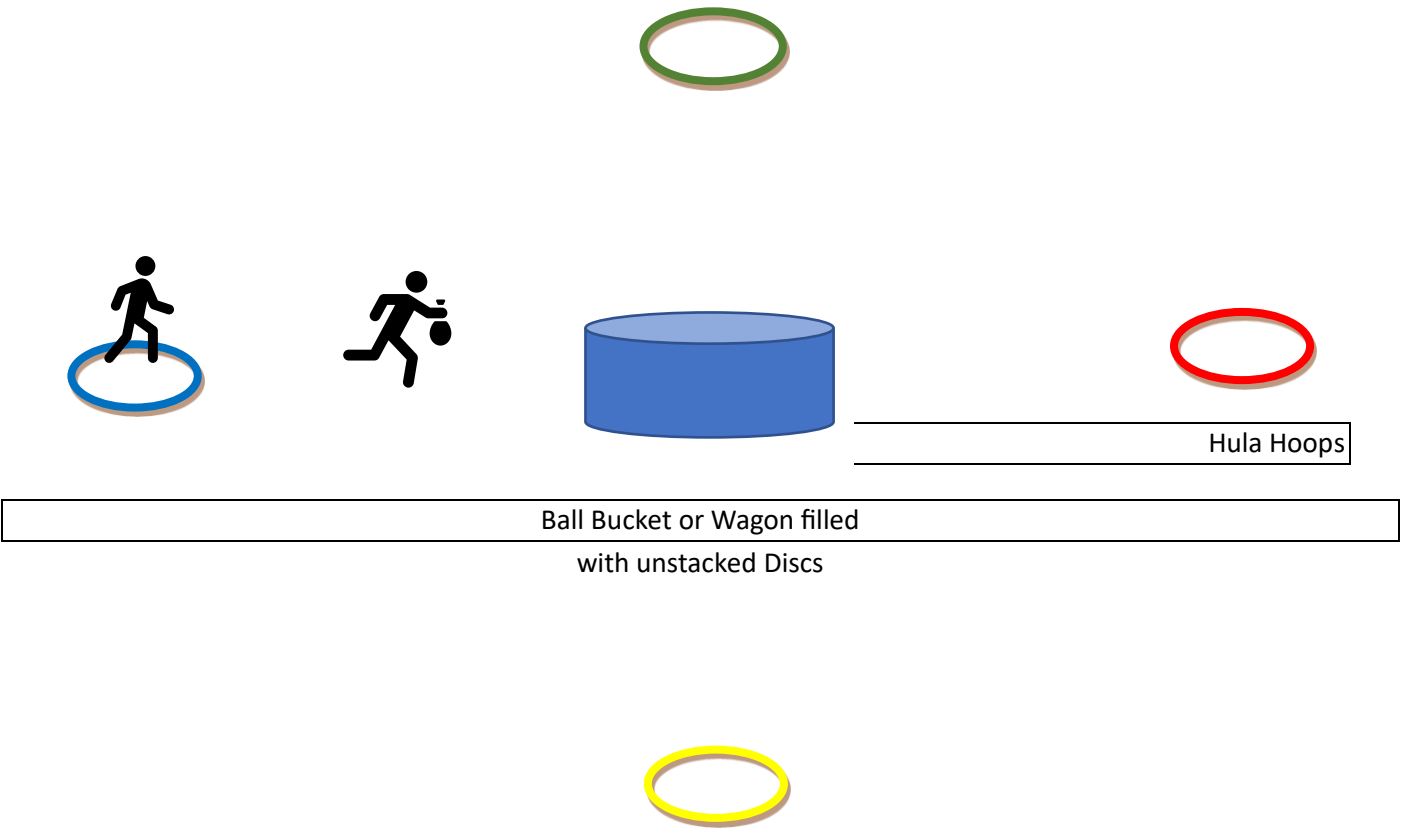
### Reference Guide

#### Gold Rush

Purpose: Dribbling, Ball Control Exercises

Equipment: hula hoops, colored disks, cones, Basketballs

Set Up: Put a Ball Bucket, Wagon, or Hula Hoop in the middle of the court and fill with unstacked Cones. This is the Captain's Treasure Chest. Place one hula hoop per 2-players (pairs) on the ground in a large circle around the Captain's Chest. Each hoop should be about 15 ft from the Captain's Chest. Pair kids up and have them stand in their hula hoop. Tell the kids that their Hula Hoop is their treasure chest and they want to collect as much treasure (cones) as they can.



#### Execution:

1. Give 1 Basketball per pairing.

2. When coach yells, “GO”, the players with the ball dribble from their hoop to the captain’s chest and grab ONE piece of “gold” (cone). They then dribble back to their hula hoop and deposit the gold by placing it down in the chest, and hand the ball to their partner. Have them try to keep their dribble throughout the process
3. The partner then does the same thing
4. Continue for 1-minute then blow your whistle to freeze the game.
5. Coach adds a Ball Control Exercise (For this example we will use around the waste).
6. Now players must dribble to the Treasure Chest, grab a cone, dribble back, put the cone in the team Hula Hoop, walk the ball around their waist without it hitting the ground, and then hand it off to their partner.
7. Ever 1-minute freeze the game and change the Ball Control Move – Bounce 2-claps and catch, Crossover, Pivot Foot, Around the Back, Through the Legs, Figure Out, Drop and catch through the legs, etc.
8. Once the Captain’s chest is empty, ask the kids to count how many pieces of gold they got.
9. The pair with the most gold gets a point for their team.
10. Have the players help refill the Captain’s Treasure Chest? Repeat as time permits.

Comments: For the older kids, emphasize not losing their dribble while grabbing and depositing their gold. Award bonus points to kids who can keep their dribble during the game.