



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

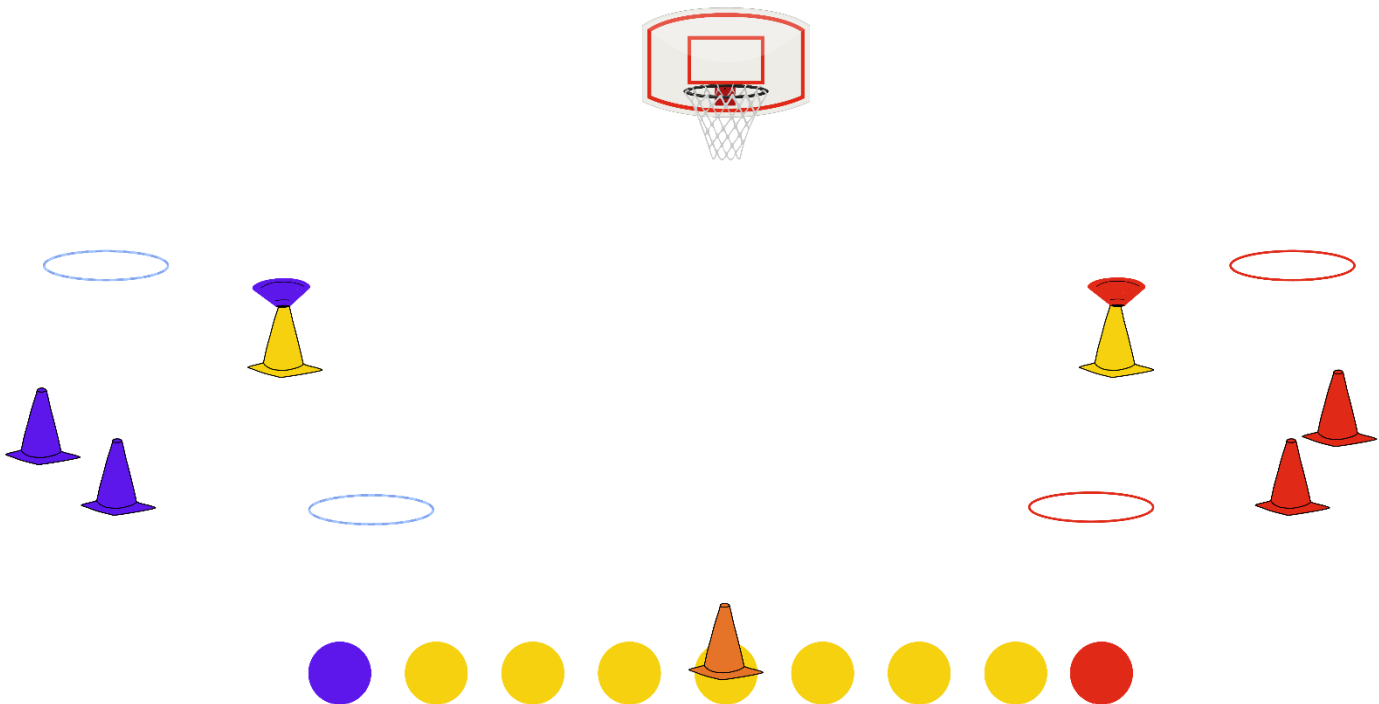


MOVE IT!

Purpose: Shooting

Equipment: Colored Spots, Cones, Agility Hoops, Basketball Hoop, Basketballs

Set Up: Use colored cones to create two team lines around the wing area. About 5' back from where the 3-point line would be. Put down a juke cone between the team line and the basketball hoop. Put two agility hoops off to each side of the team lines as show below. Near half-court put down 5-7 neutral color spots (yellow in this example) with a team-colored spot on each end (matching the side of the court with the team lines). Place a neutral color cone on the middle spot.



Execution:

- Introduce the lay-up and its function in the sport. This will be the first time they perform a lay-up in the camp. Breakdown & demonstrate proper form.
- Introduce the Crossover Dribble and its function in the sport. Breakdown and demonstrate proper form.
- PRACTICE ROUND:
 - Assign each team to a side (blue or red) and have them line-up behind the team line cones. Give 2 basketballs to each team. On the coaches whistle the first person in line will dribble up to the juke cone, perform the crossover move, they take a lay-up on the basket.
 - Have the player get their rebound, dribble to the agility hoop (the outside hoop near the sideline), and perform a jump stop (inside foot in the hoop), pivot, and bounce pass to the next player in the line.
 - Each team has 2-basketballs to help minimize wait times. The 2nd person with the ball can go as soon as the 1st person performs the lay-up.
 - Have the players practice going from each side of the court so they practice doing right & left hand lay-ups
 - They can also practice doing inside & outside crossovers.
- NARRATE STORYLINE: First team to get the cone to their colored spot wins the game.
- PLAY: Have the players get back in their original lines and give each team 2-basketballs. Let them know this time they are racing to get the orange cone to their spot first.



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- On the coaches whistle, the first player on each team with the basketball will dribble up to the juke cone, perform the crossover, then complete the lay-up.
- IF THEY MAKE IT: they get their ball and dribble down to the MOVE IT grid and move the cone 1-spot towards their teams spot. They must dribble the entire time or the cone goes back to its last spot. They then dribble to the inside agility hoop, perform a jump stop (inside foot in the hoop), pivot, and bounce pass.
- IF THEY DON'T MAKE IT: They get their rebound and dribble to the outside agility hoop. Perform a jump stop (inside foot in the hoop), pivot, and bounce pass to the next person in line.
- First team to get the cone on their spot wins the round. Have players switch sides each time.
- Reset and continue as time permits. Reinforce storyline/score, rotation/rules, skills/technique, and teamwork/strategy
- Use variations listed below as needed for your group.
- Have both teams demonstrate sportsmanship. Recap the lay-up and its purpose in the sport.

Variations:

- Multi-spot variation: Put more spots down in the Move It grid. If the player make a lay-up they move the cone 1-spot. A jumper outside the key = 2-spots. A three pointer = 3-spots.