



Basketball Camp

Fun & Fundamental (ages 5-7) Activity

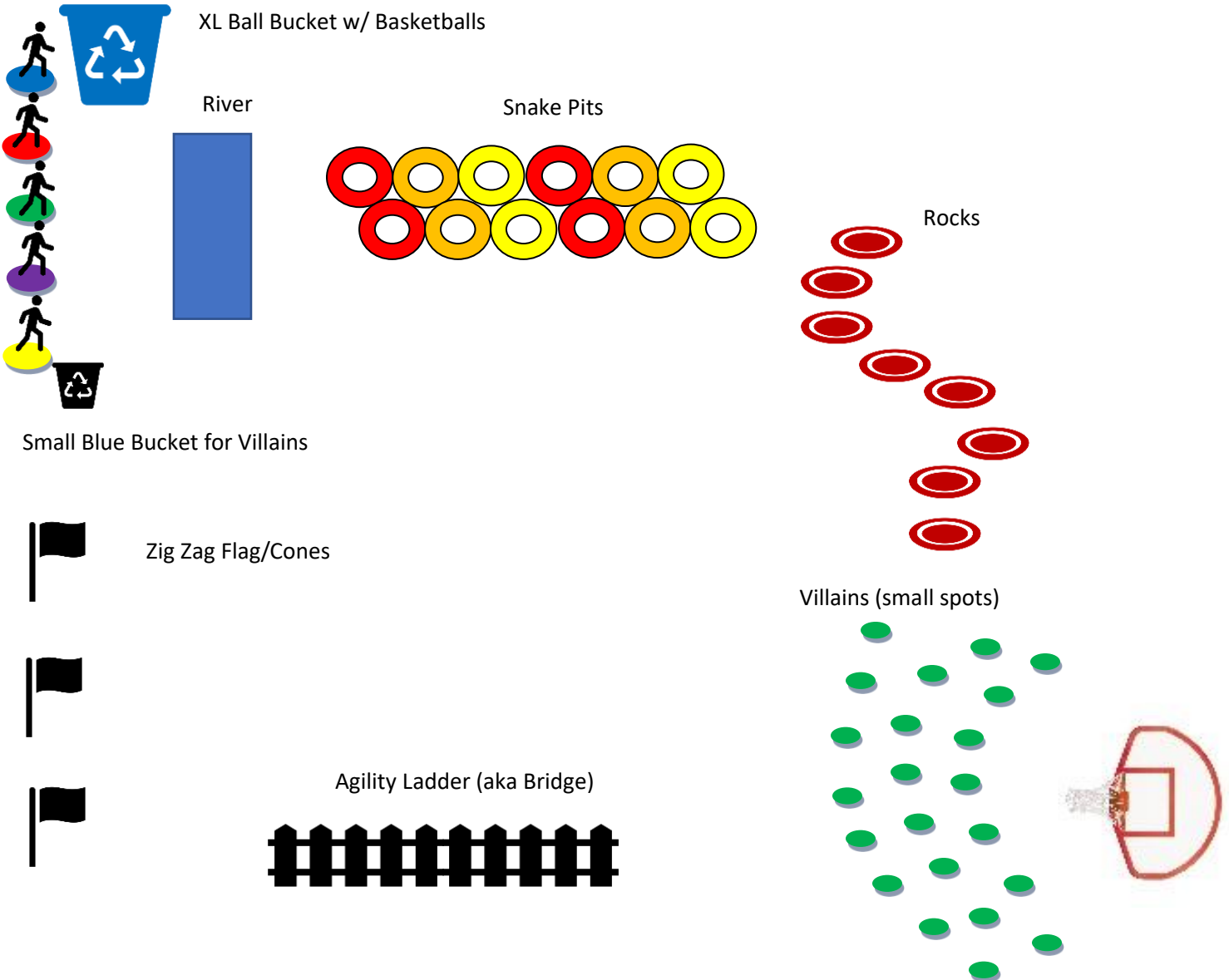
Reference Guide

The Incredibles

Purpose: Shooting

Equipment: Tarp, Agility Hoops, Standing Spots/Tape, Frisbees/Spots, Cones, Disks, Agility Ladder, Cones/Flags, Small Blue Bucket, XL Blue Bucket

Set-up:



Execution:

- Have all the players stand on their colored spot/tape line
- As a group, take players around obstacle course so they know how to complete/pass each obstacle
- Review proper Shooting form/technique (introduce, breakdown, demonstrate).

- Narrate the Mr. Incredible Storyline: Tell the players that they are Mr. Incredible (or Elastigirl) and they need use their super powers to get through the obstacles, capture a villain, and return them to jail.
- To capture a villain, they must stand on the small spot, shoot the ball into the basketball hoop, grab the spot, and return it to the small blue bucket
- Coach calls first player's name who grabs a ball out of the bucket. They cross the obstacles until they get to the Villains.
- They shoot the ball into the hoop until they make it. Grab the spot, continue through the obstacles until they get back to the start spot where they drop the spot (villain) in the bucket.
- Reinforce storyline, flow, skills, and praise
- Now the players only get 1-shot to capture the villain. If they make it, they grab the villain and return it to the small bucket. If they miss, they grab their ball and must go around again to take another shot (only do this for the older group. For young groups, stick with infinite shot)
- Continue until all villains are captured, or time elapses
- Review shooting and its purpose in the sport.

Variation:

- Older Kid Edition – Set-up Obstacles that the kids have to dribble through.
- **If the player makes the shot:** they grab the spot and put it in the Hula Hoop.
- **If the player doesn't make the shot:** They leave the spot where it is on the court
- **Make or miss:** After 1-shot, the player grabs his/her rebound and dribbles back to their team line, does a jump stop of the X, and gives a bounce pass to the next person in line.

Variation: Team Edition – Only put down 2-colors (example – Blue & Yellow). Now each team is only going to try to collect their team color spot. First team to collect all of their spots is the winner (but not really)