

Basketball Camp (ages 5-8) Activity Refence Guide

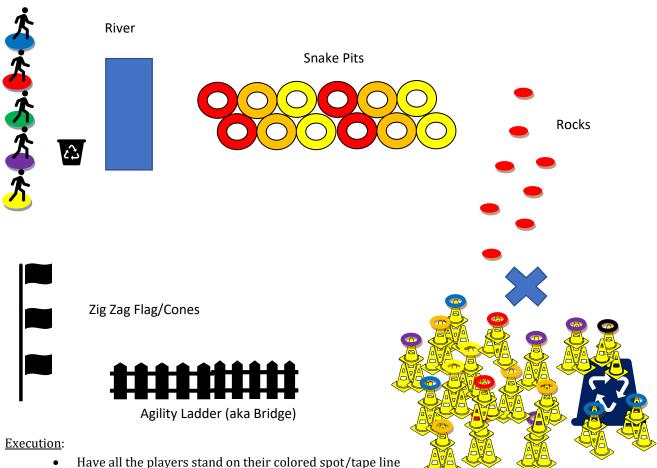


Han Solo Passing

Purpose: Passing

Equipment: Tarp, Agility Hoops, Standing Spots/Tape, Frisbees/Spots, Cones, Disks, Agility Ladder, Cones/Flags

Set-up:



- Review proper Passing form/technique (introduce, breakdown, demonstrate).
- Narrate the StarWars Storyline: Tell the players that they are Han Solo and they need to fly the millennium falcon through the obstacles and fire on the imperial fleet (Cones).
- Coach calls first player's name who grabs a ball out of the bucket. They cross the obstacles until they get to the firing "X". Put at an age appropriate distance
- They pass their ball (only get 1- change). Make or miss they grab their ball, continue through the obstacles until they get back to the starting line.
- If player knocks over the space ships by cheating (not with the basketball), they miss their next turn.
- Continue until all space ships have been knocked over, or time elapses.

Teams:

Break players into 2 team lines. Put one color disk on half the cones (i.e. red) and another color disk on the other half of cones (i.e. blue). Similar to Pirate Ship Fortress Edition. Gameplay is the same but now players only aim for the other teams Fleet. The first team to destroy the other team's fleet wins!!