



# Basketball Camp (Teamwork & Technique)

## Activity Reference Guide

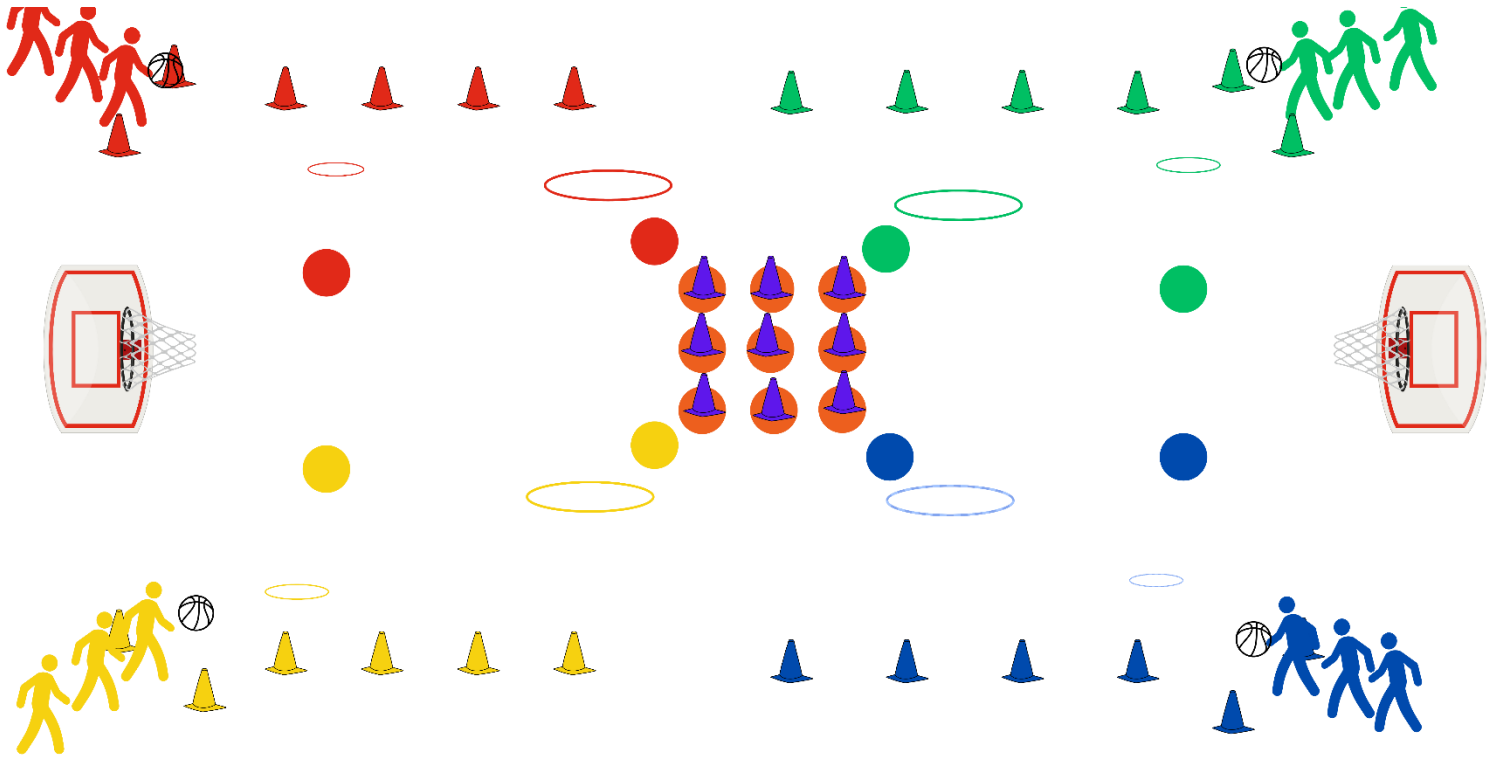


### EXTREME MOVE IT!

Purpose: Shooting

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

Set Up: Use cones to create team lines in each corner. Put team-colored cones down each sideline for zig zag dribbling. Put a Shooting colored spot for each team at an age-appropriate distance from the hoop. In the middle of the court, put down 9 neutral colored spots with a neutral colored cone on each spot. On the corners of the grid, put down a team colored spot followed by a team colored hula hoop. Put down an agility hoop about 5' from the team lines to serve as your jump stop/pass hoop. See below.



Execution:

- Introduce (or recap for end of camp games) the shooting form phase for the day. Breakdown and demonstrate correct form.
- PRACTICE ROUND:
  - Assign coaches to a team (or teams) and have them practice the:
    - Rules
    - Rotation
    - Scoring
    - Skills: Jump Shot, Zig Zag Crossover Taps, Moving the cone while dribbling, jump stop & step through pass.
- NARRATE STORYLINE: The players should have already played Move It at this point so you are narrating the difference with Extreme MOVE IT! 4-teams and 9 cones. The team with the most cones in their hula hoop at the end of the game wins that round. Players get a point for Cone in their hula hoop at the end of the round. Winning team gets 10 bonus points.
- PLAY: Use 2-balls per team to reduce wait time. The first person in each line dribbles through the cones doing cross overs and tapping the cone with their inside hand each time they cross over. They then dribble down and do a jump stop on their team shooting spot:
  - IF THEY MAKE IT: The dribble down the grid, and move 1 of the 9 cones towards their team hula hoop.
  - IF THEY MISS IT: They get their rebound and dribble back to their team line.



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- MAKE OR MISS: The player who just shot does a jump stop in the agility hoop, and perform a step through bounce pass to the next person in line.
- NOTES:
  - Players can move any cone in the neutral colored grid. Once the cone is on a team colored spot, only that team can move it. The cones must be all the way in the hula hoop for it to count as a point for that team. You cannot jump cones.
  - Players can only move cones forward or sideways (no diagonal moves)
- Continue as time permits. Change the shooting spot & type of bounce pass as the game goes on.
- The game ends when there are no more cones in the neutral grid. Each team counts up how many cones they have in their hula hoop at that time. The coach writes down the points.
- Continue as time permits. Reinforce score, skills, rotation, and storyline. Add in variations below as needed for age group.
- Have all players demonstrate the ROOTS OF THE GAME.
- Recap shooting form phase of the day.

### **Variations:**

- Multi-point variation: 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.