



Basketball Camp (Teamwork & Technique)

Activity Reference Guide



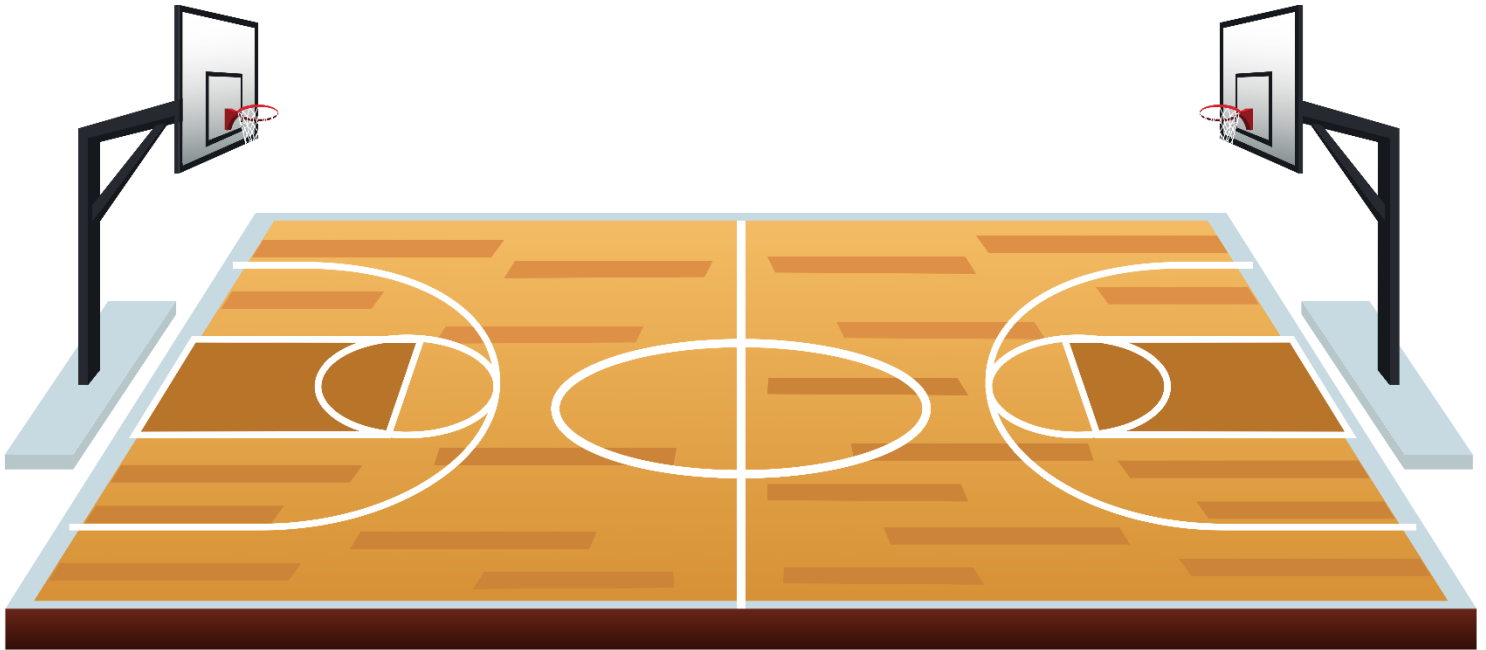
Sheriffs vs. Bandits

Purpose: Passing & Dribbling

Equipment: 1 basketball for every 2-players, + 1 extra ball.

Set Up:

- You just need a basketball court. You can use cones/spots to create a boundary if there aren't already lines on the court. Can be played on a full or half court.



Execution:

- Introduce passing & moving without the ball. Breakdown & demonstrate the correct way to pass and catch a ball
- Practice: Go over the gameboard and rules, rotations, skills, strategy, and scoring for the game.
- Assign 1-team to start as the bandits (dribblers) and 1-team to start as the sheriffs (passers).
- NARRATE STORYLINE:** The sheriffs have 2-minutes to round up as many bandits as they can.
- Rules for Bandits:** They must stay within the play area and must dribble the entire team. If they step out of bound, lose their dribble, perform a violation (travel or double dribble), they are automatically out for the rest of that round. If they get tagged by a defensive player holding a basketball, they are out for the rest of that round. Bandits who are out must stand, holding the ball, on the sideline for the remainder of the round.
- Rules for the Sheriffs:** They defense wants to get as many bandits out as they can in that period. To do so they must pass the ball to one another and try to round-up the bandit by tagging them with the basketball. **THE SHERIFFS CANNOT DRIBBLE.** They can only move the ball by passing. They can move freely when they don't have the ball, but once they catch the ball they only get a pivot foot to try to reach and tag a bandit. **THEY CANNOT THROW A BALL** at a BANDIT. They must be holding the ball with two hands and tag them below the shoulders for it to count.
- At the end of the 2-minute period, the Sheriffs get 1-point for every bandit they rounded up. Switch Sheriffs/bandits and continue as time permits.
- Coaches reinforce skills, storyline, score, and strategy throughout the game.



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- Use variations below as necessary.
- Have all players demonstrate RESPECTING THE ROOTS at the end of the game.
- Recap shooting alignment and its important in the game:

Variations:

- Unlimited Lives – the Sheriffs get a point for rounding up a bandit, but the bandit does not have to sit-out after getting tagged.
- Jailbreak – *For advanced groups* – If the Sheriffs drop the ball at anytime, all the bandits are back in the game. Sheriffs only get a point for every bandit who is out when the time expires.