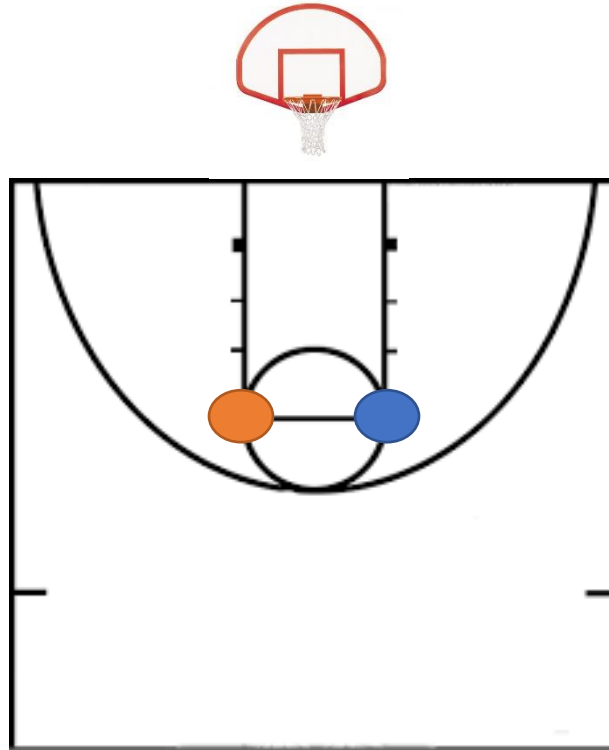## Skyhawks Knock-Out

<u>Purpose:</u> Shooting, Agility

<u>Equipment:</u> 2 Basketballs

<u>Set Up:</u> Have the player's line-up single file with their team (i.e. Red Team lines up on one of the elbows of the free throw line and the Blue Team lines up on the other elbow of the free throw line). Each team gets one basketball.

<u>Execution:</u>
- The first person in line on one of the teams, shoots the ball. Once the first person has shot the ball the first player in the other team line can shoot the ball.
- If the first shooter makes the ball first they get their rebound and pass the ball to the next teammate in line as fast as they can. They then get back in line.
- If the other team's shooter makes the ball before the first shooter, the first shooter is out. The other team's shooter gets in the back of the line.
- Whoever gets out may get back into the game when the person that got them out gets out themselves.
    - Ex: Kid A gets Kid B out, then Kid C gets Kid A out, so Kid B re-enters the game.
- Whichever team eliminates all of the players on the other team, the game is over.
- Change starting position and repeat

<u>Variations:</u>
- NO OUTS – If the second shooter scores the ball before the first shooter, the second shooter scores a point for their team. No one is ever out.

<u>Comments:</u>
- Focus on Sportsmanship. If a player gets out it is okay. Stand on the sideline, cheer on your team, and wait for the next game to begin. Getting out is part of the game.