



MULTI-SPORT (AGES 6-11) ACTIVITY REFERENCE GUIDE



BB8 vs. R2D2 Challenge Bonanza – Part 1 - Basketball Shooting

Purpose: Shooting

Equipment: Cones, spots, hula hoops, Basketball Hoop

Set Up: (see diagram below)

- Break kids into camp teams and assign each team to a hula hoop (Blue – Team R2D2 and Orange – Team BB8)). Put standing spots behind the hoop to show the kids where to stand
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.
- Set-up the course so the Basketball hoop is horizontal in the middle. Put a shooting spot out for each team.



Execution:

- Coach starts by showing all the players how to build a Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots
- Coach give a basketball to the first player on each team.
- When the coach blows his/her whistle the player from each team dribbles up to their teams shooting spot and take a shot.
 - If they miss – they dribble back and hand the ball off to the next player in line
 - If they make it – they get to dribble up and grab 1-cone from the scrap pile. They then dribble back to their team's hula hoop and start building their rebel star ship.
- Coach also awards bonus team points for each player (both teams) who went down and back perfectly (correct gate code, no traveling, no double dribble)
- The coach occasionally moves the shooting spots for each team during the game
- First team to correctly build a star ship is the winner.
- Move onto Round 2 – BASEBALL THROWING/CATCHING

Comments:

- How to build a Rebel Star Ship (you will need 14 cones for each rebel starship)
 - Put 6 Cones down in a triangle shape
 - Put 3 cones upside down in gaps****This is the key*
 - Put 3 cones right-side up on top of upside down cones.
 - Put 1 cones upside down in gaps
 - Put 1 cones right-side up on top of upside down cones

SEE NEXT PAGE FOR ROUND 2 – BASEBALL THROWING/CATCHING



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BB8 vs. R2D2 Challenge Bonanza – Round 2 – Baseball Throwing/Catching

Purpose: Throwing/Catching

Equipment: Cones, spots, hula hoops, agility ladder

Set Up: (see diagram below)

- Break kids into camp teams and assign each team to a hula hoop (Blue – Team R2D2 and Orange – Team BB8). Put 3 standing spots (Fielders) outside the hoop and one spot on the other side (Pitcher) to show the kids where to stand. Place another spot of their color downfield. This is where the fielders will run to and catch the ball from the Pitcher.
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.



Execution:

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots. 3 players on each team will start as Fielders, one player on each team will start as Pitcher.
- Review/demonstrate proper throwing (elbow back, ball by your ear) and catching (Line Drive)
- QB will grab a ball out of the Ball Bucket. When the coach says "GO" the first fielder will run to the catching spot. The pitcher will throw the ball to the fielder.
 - **If the fielder catches the ball** while keeping one foot on the spot, he is allowed to take a cone from the hula hoop. The fielder then runs back to his/her team line, gives the ball back to the passer, and puts the cone down in their Team Hula Hoop.
 - **If the fielder does not catch the ball** or his feet leave the spot, he must retrieve his ball and return to his team without a cone.
- Each Pitcher will throw to each other player on his team; then he will become a Fielder and a new Pitcher will take his place. If time permits, begin to move the Catching Spot farther away from the Fielder.
- First team to correctly build a star ship is the winner.
- Move onto Round 3 – SOCCER PASSING/TRAPPING



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BB8 vs. R2D2 Challenge Bonanza – Round 3 – Soccer Passing/Trapping

Purpose: Passing/Trapping


Equipment: Cones, spots, hula hoops, agility ladder, Soccer Balls

Set Up: (see diagram below)

- Break kids into camp teams and assign each team to a hula hoop (Blue – Team R2D2 and Orange – Team BB8). Put 3 standing spots (trappers) outside the hoop and one spot on the other side (passer) to show the kids where to stand. Place another spot of their color downfield. This is where the fielders will run to and catch the ball from the Passer.
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.

Team Spots (Trappers)



 Trapping Spot

Passer Spot



Hula Hoop filled with
28 Unstacked Cones



Passer Spot



Team Spots



 Trapping Spot

Execution:

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots. 3 players on each team will start as Trappers, one player on each team will start as Passer.
- Review/demonstrate proper passing & trapping
- Passer on each team will start with the Ball. When the coach says "GO" the first trappers will run to the Trapping Spot. The Passer will pass the ball to the trapper.
 - **If the Trapper "traps" the ball** while keeping one foot on the spot, he is allowed to dribble to the Hula hoop and grab 1 cone. They then dribble back to their team's hula hoop as fast as they can, give the ball back to the passer, and put the cone down in their Hula Hoop.
 - **If the Trapper does not "trap" the ball** or his feet leave the spot, he/she must retrieve his ball and return to his team without a cone.
- Each Passer will pass to each other player on his team; then he will become a Trapper and a new Passer will take his/her place. If time permits, begin to move the Trapping Spot farther away from the Passer.
- First team to correctly build a star ship is the winner.
- Move onto Round 4 – VOLLEYBALL PASSING

SEE NEXT PAGE FOR ROUND 4 – VOLLEYBALL PASSING



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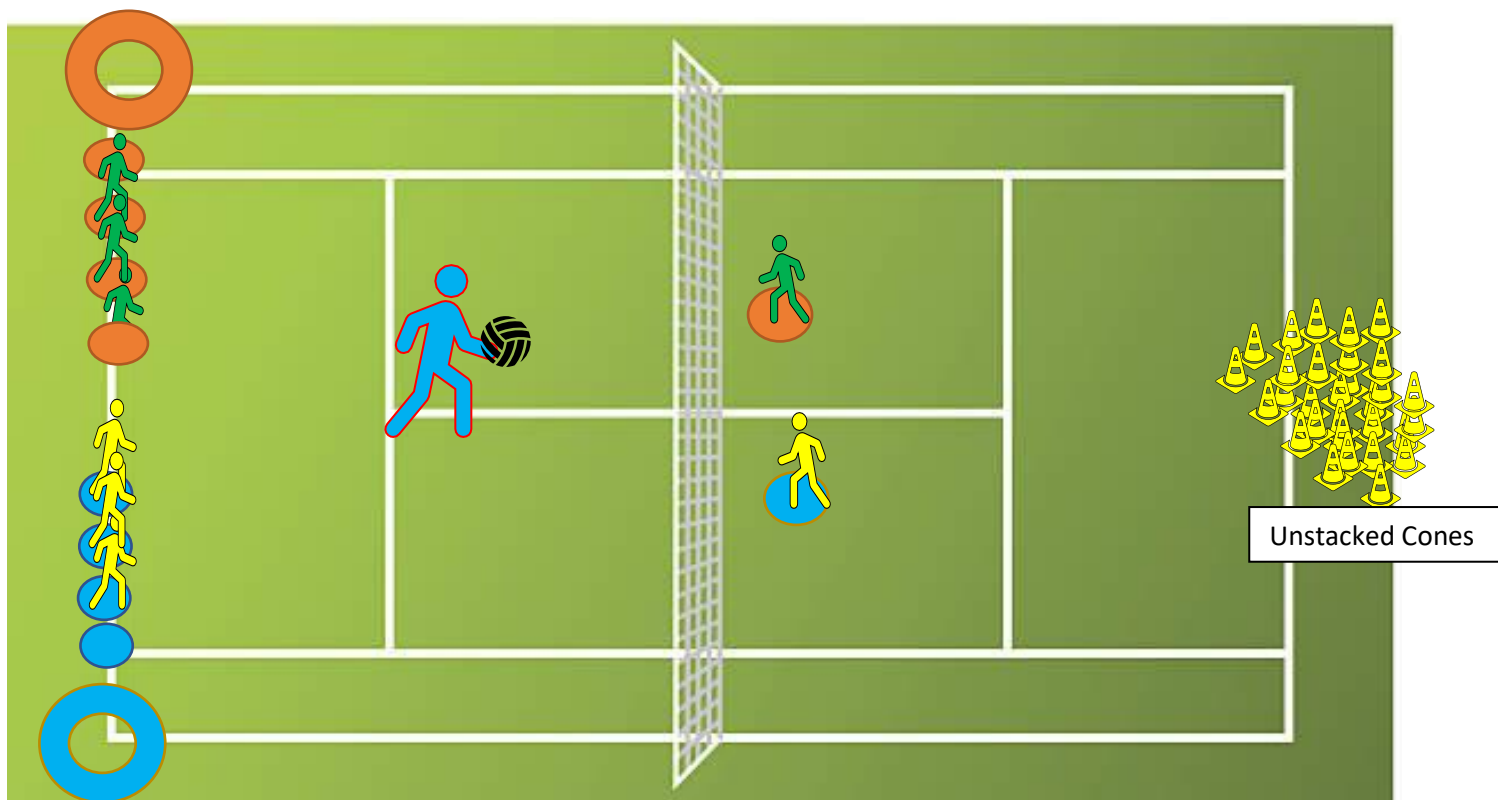


BB8 vs. R2D2 Challenge Bonanza – Part 4 – Volleyball Passing/Bumping

Purpose: Passing/Bumping

Equipment: Volleyballs, Cones, Hula Hoops, Standing Spots, Colored Disks

Set Up: Break Campers into teams. On one side put down team lines for the players to stand with a Team Hula Hoop on the corner. On the other side put down a Force Field Spot for the players to hit from. On the far baseline, put 28 unstacked cones in a Hula Hoop.



Execution:

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots.
- Review/demonstrate proper Bumping/Passing Technique
- Narrate storyline – The Blue Team is R2D2. The Orange Team is BB8. They have to build a spaceship for their Jedi's (Luke and Rey). The cones in the far hoop/bucket are the scraps they need to build the spaceships.
- Coach blows his/her whistle and the first player on each team runs to the other side of the net, stands on their Force Field Shot, and gets ready to return a pass from the coach.
- Coach feeds the ball to each player who try to pass it back over the net.
- **If they pass the ball inbounds/over the net:** The Force Field is down. They run to the scrap pile, grab ONE cone, and return it to their team Hula Hoop.
- **If they do not pass the ball inbounds/over the net:** The Force Field stays up and they do not get to grab a cone.
- **EITHER WAY:** The player goes back to the end of their team line and the next player runs around the net to the Force Field Spot.
- **The first team to complete the StarShip wins the round.**
- Count up score from all 4-rounds. Whichever team knocked down the most buckets at the end of the 4-rounds is the Winner.
- Have all players give the other team and High-5 and tell them Good Game! Award points for sportsmanship, respect and integrity.