



# BASKETBALL (AGES 6-11) ACTIVITY REFERENCE GUIDE

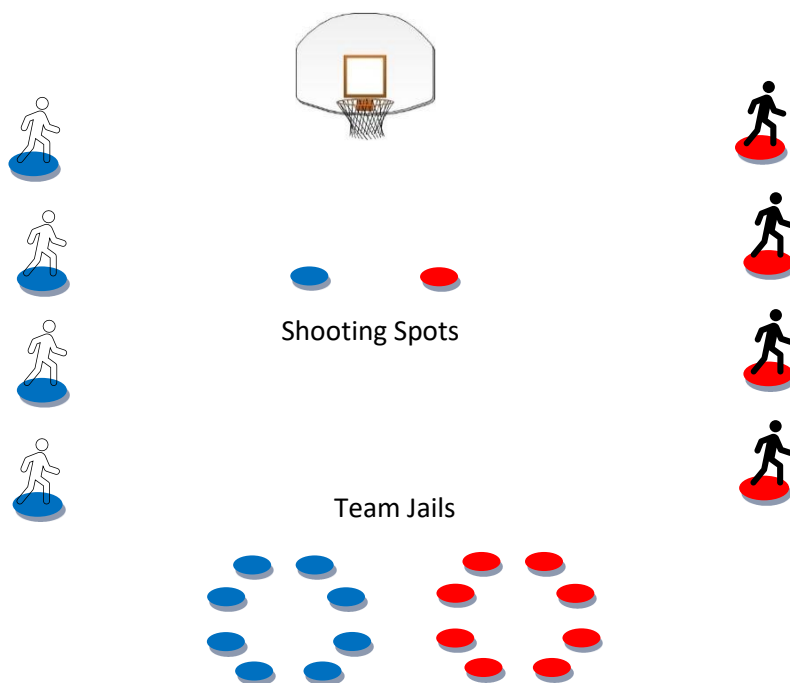


## Jail Break

Purpose: Shooting

Equipment: Basketball/player, colored spots

Set Up: Set-up team standing spots on the sideline. At half-court set-up two team jails. Put down two shooting spots where you want the kids to shoot from (one for each team)



## Execution:

- All players start in their Team Line.
- Coach calls up first player from each team. Each player shoots the ball from their teams shooting spot
- **IF THEY MAKE IT:** They are still in the game and go back to their team spot
- **IF THEY MISS IT:** They are out and have to stand in their Team Jail.
- If a team makes two shots in a row, it is a Jail Break and everyone in their Team Jail is now back in the game
- Once a team has everyone in jail, the game is over, and the other team wins the round.
- Change the Shooting Spots for each team and continue as time permits
- If they games are taking too long, change it so players have to make 3-shots in a row for a jail break.