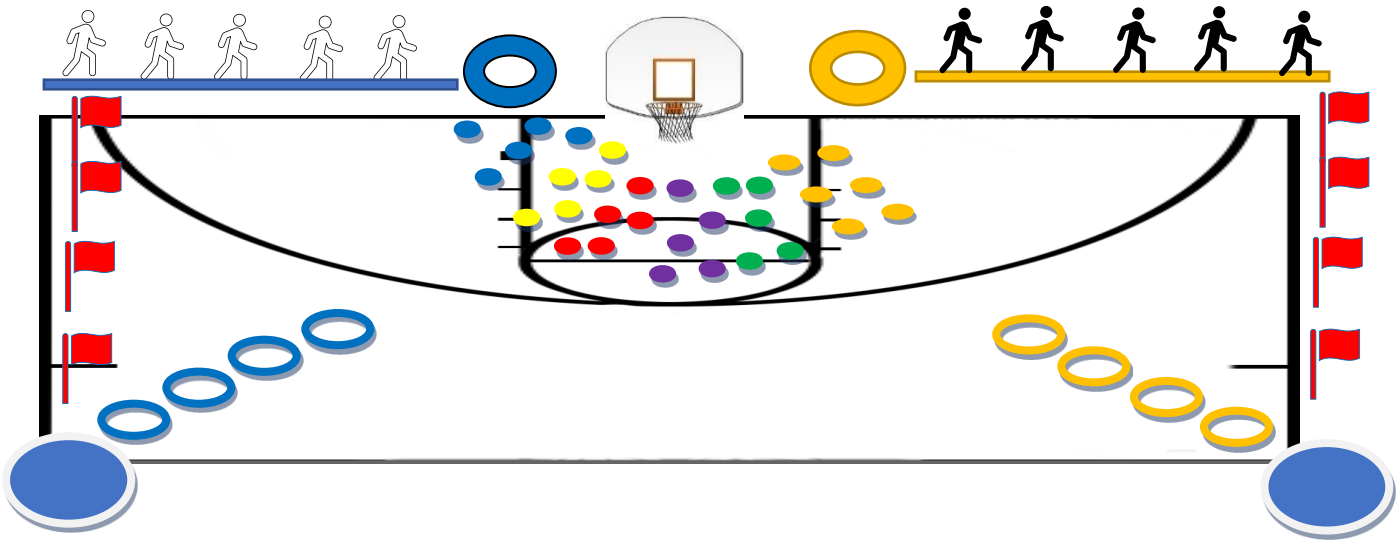


Pokémon (Tot Basketball Edition)

Purpose: shooting

Equipment: Portable basketball hoop, Agility Hoops, Flags/Cones, small spots large bucket of balls, hula hoop

Set Up: Place the basketball hoop on the baseline. Place 6 spots of each color in a semi-circle around the basket from an age appropriate distance. The spots are pokemon. Place a standing spots/team lines on the Baseline. For 1-group, put all of the spots on one side of the basket. For 2-groups, place half on either side. Put a colored hula hoop next to each groups standing spots, between the spots and the hoops. Put a large bucket filled with Basketballs across from each group around half-court. Between the standing spots/line and the Ball Bucket, put Flags/Cones for the kids to zig-zag. Put Agility Hoops between the ball bucket and the pokemon for the kids to bounce/catch or dribble on their way to the basketball hoop.



Execution:

- Teach/Demonstrate proper shooting form/technique – Hand under the ball. Second hand to the side to keep the ball on your hand. Start with ball on your chest/shoulder. High-Give to the hoop. Aim for the white square on the basketball hoop.
- Review Storyline - Tell the kids that as a team we must catch the pokemon and put them in the Pokemon net (Hula Hoop)
- Coach calls 1-player from each team. The two players zig zag through the cones/flags, grab a ball, bounce and catch/dribble in the agility hoops, and choose what pokemon they want to catch
- To catch a pokemon, a player must stand on the pokemon and make the ball in the hoop
- If they make the ball in the hoop, they grab their pokemon and put it in the hula hoop.
- If they miss, they either try from another color Pokemon.
- Tip the ball in on the second shot, if it doesn't go in, and tell them "Nice shot, grab your Pokemon"
- Coach calls the next two players once the players in front have grabbed the ball. Have to go fast to avoid standing around time.
- Once the game is flowing, you can start working with the players more who are struggling to shoot correctly. Start with the flow of the game, then move onto technique.
- Continue to raise the hoop throughout the game. CHALLENGE THE KIDS!!!
- Go until all the pokemon are gone, or time expires.
- Coach(es) gather together their players and they count, as a group, how many Pokémon they got of each color.

Comments: Use fun frog names for each color spot:

- Green - Bulbasaur
- Blue - Snorlax
- Purple - Gengar
- Yellow - Pikachu
- Red - Charmander
- Orange – Charizard



MINI-HAWK CAMP (AGES 4-6)

ACTIVITY REFERENCE GUIDE



Comments: If it is just 7-kids with 1-coach, the game runs the same but there is only 1-team. Only need to set-up on one half of the hoop.