



BASKETBALL (AGES 6-11) ACTIVITY REFERENCE GUIDE

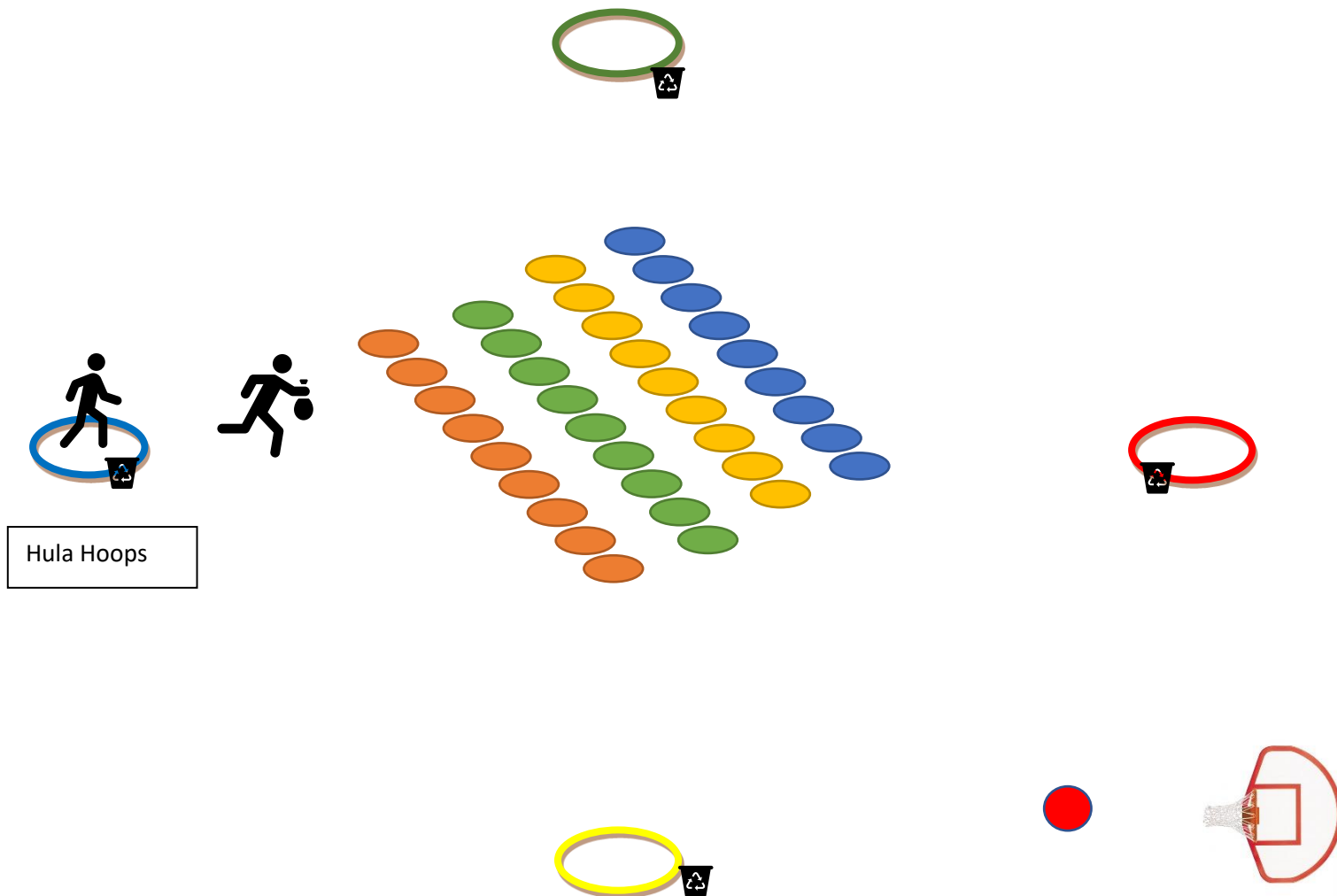


Treasure Island

Purpose: Dribbling, Shooting

Equipment: hula hoops, Buckets, Large Colored Spots, Basketballs

Set Up: Put down as many Large Colored Spots (Pirate Coins) as you can spare in the middle of the court. On the perimeter, put 4 Team Hula Hoops, with a Bucket next to each hoop. Break players into pairs and assign each pairing to a Hula Hoop.



Hula Hoops

Execution:

1. Part 1: Collect the Pirate Coins
 - a. Give 1 Basketball per pairing.
 - b. Start by assigning and reviewing a Specialty Dribble (Bounce & Catch, Crossover, Around the Back, Through the Legs, etc.). For this example we will start with the CROSSOVER DRIBBLE
 - c. When coach yells, "GO", the players with the ball dribble from their hoop to the Pirate Coins.
 - d. They stand over the Pirate Coin and do "CROSSOVER DRIBBLE" so the ball bounces on the Pirate Coin.
 - e. If they complete the Specialty Dribble without losing the ball or committing a violation, they grab the Pirate Coin (while dribbling). If they miss, they try again.
 - f. Once they collect their Pirate Coin, they dribble back to their Hula Hoop, drop the Spot in the Bucket, and hand the ball to their partner
 - g. The Partner then does the same thing



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- h. Continue until time expires OR all the coins have been collected.
 - i. Change the Specialty Dribbling every 2-minutes.
2. Part 2: Load the Pirate Ship
- a. Now that the coins have been collected, the pirates are going to try to load their pirate ship.
 - b. Pairing grab their bucket and follow the coach to the Basketball Hoop
 - c. Coach puts does a SHOOTING SPOT that all the players shoot from
 - d. Each spot represents 1-shot opportunity for the players. They alternate shots with their partner
 - e. Have players line-up with their partner. Coach calls up the first player who hands them a Pirate Coin in exchange for a Basketball
 - f. The player gets 1-shot. If they make it, they get a point. If they miss, they don't get a point.
 - g. Once a pairing runs out of the Pirate Coins, they can not longer buy Basketballs to shoot
 - h. Coach moves the Shooting Spot after each round (once every player has shot from that spot).
 - i. Continue until all pairings have spent their Pirate Coins. The pair with the most points at the end of the game wins.

Comments:

- For Part 2, the coach needs to keep things moving quick or this will take forever and be boring. Players should be in line and have their Pirate Coins ready to go. If they are not ready, they lost their coin and don't get a Basketball.
- For the older kids, be more strict on what counts as an acceptable dribble while collecting the spots.