



BASKETBALL (AGES 5-12) ACTIVITY REFERENCE GUIDE

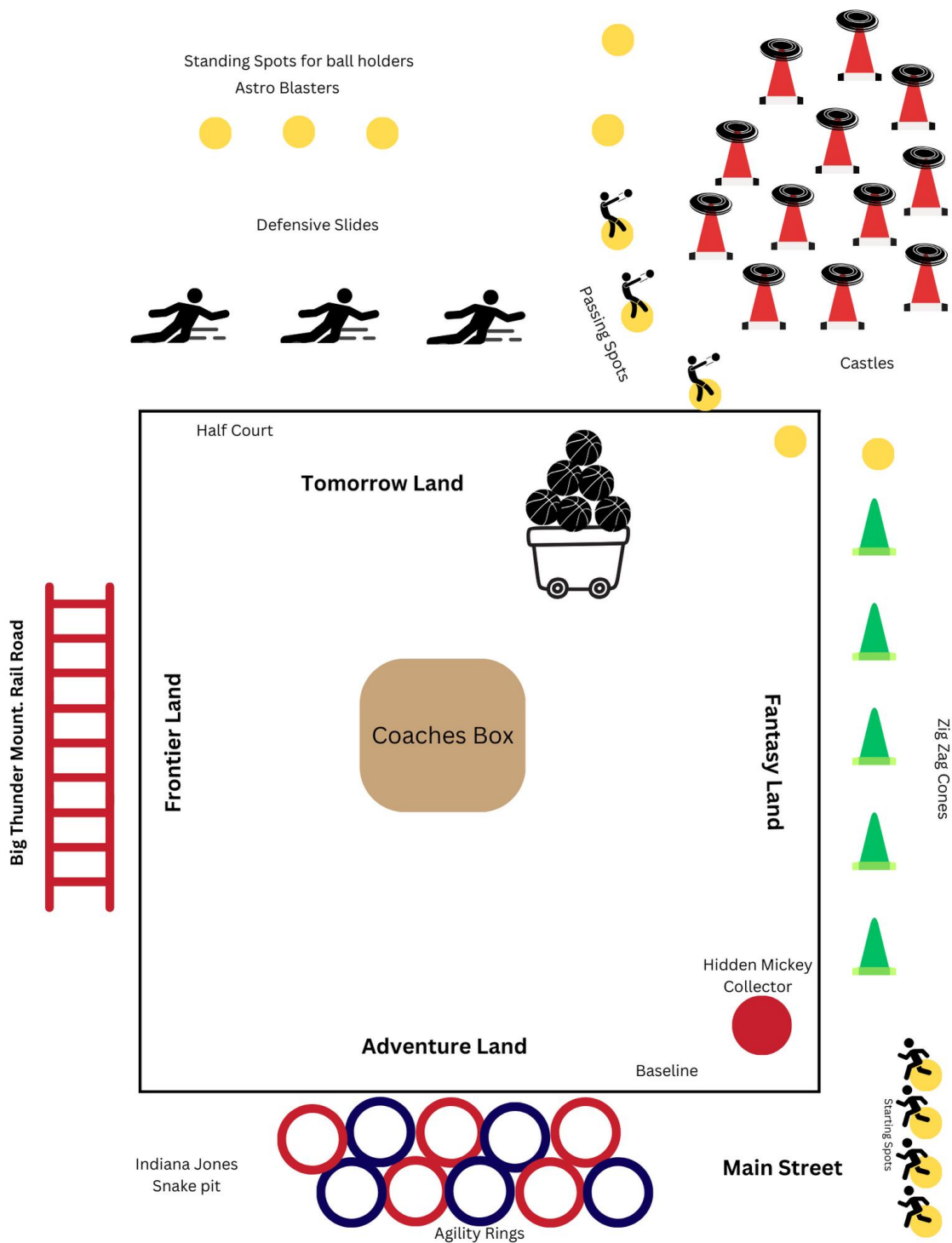


Disneyland Obstacle Adventure

Purpose: Basketball- Agility & Footwork, Bumping, Setting, Serving, Blocking

Equipment: Hoop, balls, Colored Spots, Colored Disks, , Agility Ladder, Agility Hoops, or Cones

Set-up:



Execution:

1. Tell the kids that we are working on Agility, Footwork with Passing! We are going to use our imagination and pretend that we took a Trip to Disneyland. We are going to go on an adventure to visit all the lands in Disneyland. We must make it all the way around the perimeter of the court and perform skills along the way to collect points in 2-3 minute rounds.
2. Players enter Disneyland through Main Street. Have all players stand in a line at the baseline of the court. Starting line.

3. Player takes one shot at the hoop then moves across the baseline of the court through Adventure Land and pass through Indiana Jones Snake pits. Quick High Knees through the agility hoops to avoid those Snakes Like Indian Jones (who hates Snakes).
4. Player then moves along Big Thunders Railroad Track (Agility Ladder) along the sideline to Enter Frontier Land.
5. Then turns at half Court to face the hoop and perform 3 Defensive Slides across the half court line. They need to Stay low To dodge the Asteroids of Tomorrow Land. Coach (other Team) is Throwing dodgeballs over player head. Reinforcing Defensive slides.
6. Finish a Sprint through the Zig- Zag Cones through Fantasy Land to get to the Castle.
7. At the Castle players will be performing a chest pass or bounce pass to knock down Castles to collect a hidden Mickey. After they collect the hidden Mickey, they will go back to the baseline of the Court to the start.
8. Continue going through the course for 2-3 minute rounds. You can also set a lap count. Each team must make it through the Disneyland 3 times. Either way, we are seeing how many Hidden Mickeys we can collect.

Set -Up Tips:

9. Inform players this is where to form a line if there is a player at the skill spot taking their turn.
10. Have only one player going through an agility obstacle at one time to avoid blockage and possible trips and falls. Set these rules while demonstrating the game.
11. If the group is big enough you can utilize the other team to help throw Dodgeballs.

Variations:

- Disneyland Adventure – Turn in the court into a Disneyland by putting different obstacles between each Skill point. Player must now cross that obstacle in that land while going around the Court.
 - Disney Adventure I – Rivers, Hoops of Fire, Jungle Bridge, Zig Zag Flags
 - Disney Adventure II – Hurdles, Hop Scotch Lilly Pads, Lava Rocks, Snake Slide)