



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

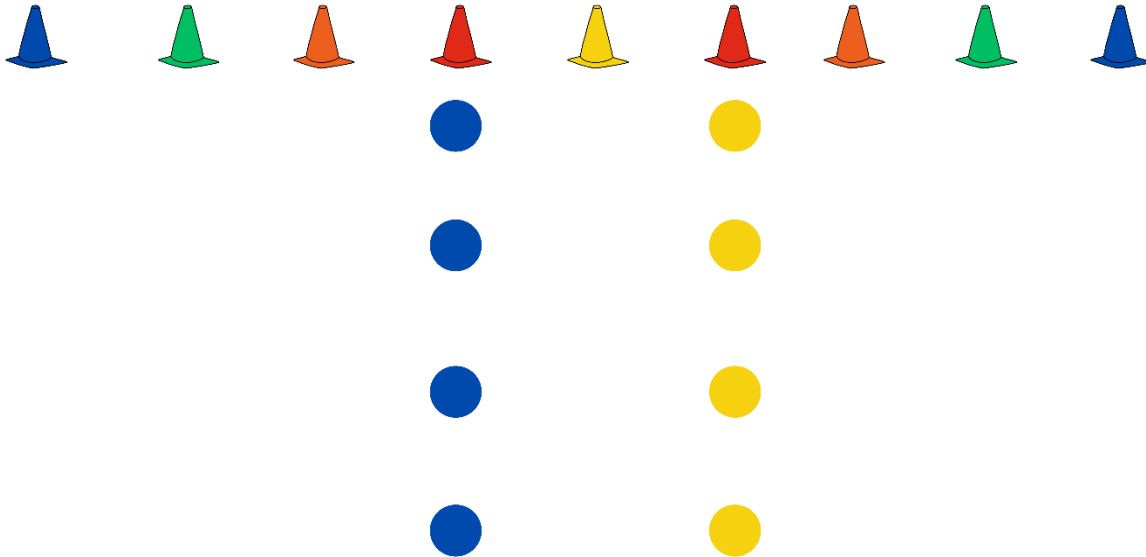


Batman Vs. Superman

Purpose: Passing

Equipment: Colored Spots, Cones, Basketballs

Set Up: Set-up cones along with sideline as shown below. Put Yellow down as the center cone and put 4 cones about 2' apart on either side of it. Make sure the color of the cones are matching in both directions. Put a Blue Spot down for ½ the players in your group in line with the Red Cone. Put a Yellow Spot down for ½ the players in your group in line with the other Red Cone.



Execution:

- Pair players up and assign one player from each team to stand across from one another so one player is on Blue and the other Yellow. Try to make it so the two players paired together are on the same team.
- Introduce the Bounce Pass & its function in the sport. Demonstrate correct form:
 - Step towards your partner. Thumbs together to thumbs down.
- Practice: Have players practice doing Bounce Passes to their partner. Once the players have the hang of it, have them scoot their spot back to ORANGE and continue. Coach walks around working on form.
- NARRATE THE STORYLINE: Each pair of superheroes currently have 10-lives.
 - The pair will lose 1-life if:
 - If a player does not do the correct kind of pass (starting with the Bounce Pass)
 - The partner does not catch the ball after 1-bounce.
 - Someone passes to the wrong side (Batman vs. Superman).
 - Someone performs the wrong superhero action.
 - The 3 teams with the most lives remaining at the end of the game wins a point for their team.
- When Coach Calls BATMAN – the players have to pass the ball (BOUNCE PASS) to the person standing on the Batman side of the court (THE YELLOW SPOT). If the person with the ball is already on the BATMAN side and they pass it, that pair's team loses 1 life.
- When Coach call SUPERMAN – Same thing but on the Superman side of the court (THE BLUE SPOT).
- Every time a team loses a life (or every so often), the coach adds in a new SUPERHERO which has a unique action and phrase that must go along with it.
 - IRON MAN:



Basketball Camp (Teamwork & Technique)

Activity Reference Guide



- Action – Run to the middle and give you partner a high-five. Return to your same spot. The person with the ball must dribble.
- Phrase– “I AM IRON MAN!!”
- SPIDERMAN:
 - Action – Pretend to shoot your spidey web and switch sides with your partner. (For older players, have them do a Dribble Hand-Off in the middle)
 - Phrase – “SPIDERMAAANNNN”
- INCREDIBLE HULE:
 - Action – Pushups
 - Phrase – “YOU DON’T WANT TO SEE ME ANGRY”
- NINJA TURTLES:
 - Action – Balance on one leg on their spot
 - Phrase – “COWABUNGA DUDE!”
- THOR:
 - Action – Pick up their spot and slam it down on the ground at the next level up cone (i.e. from Red to Orange).
 - Phrase – “BY THE POWER OF THOR!!”
- FLASH:
 - Action – Run in a circle as fast as you can around your spot
 - Phrase – “FAST AS THE FLASH, FAST AS THE FLASH”
- CAPTAIN AMERICA:
 - Action – Balance your spot/disk on your forearm like a shield
 - Phrase – “FOR TRUST AND JUSTICE”
- WONDER WOMAN:
 - Action – Balance the spot/disk on your head like a crown
 - Phrase – “I AM A WARRIOR PRINCESS”
- JOKER:
 - Action – Shoot the ball to your partner. Your partner must catch the ball in the air.
 - Phrase – “DON’T DROP THE BALL”

Variations:

- For Advanced groups: Instead of regular bounce passes have them perform:
 - Right Hand Wrap Around Pass
 - Left Hand Wrap Around Pass
 - Right Hand Step Through Pass
 - Left Hand Step Through Pass
- Have the kids make up other superheroes using some of the ball control exercises they learned earlier that day.