



# Basketball camp (Teamwork & Technique)

## Activity Reference Guide



### Mater's Haul

Purpose: Dribbling, Shooting

Equipment: Large Colored Spots/Tape, 3 Basketballs

Set Up: Put down a colored X/spot on the four corners of a Half-Court.



### Execution:

- Break players into 2 Teams.
- One team will start as the Lightning McQueen's:
  - Assign each player to an X: Blue, Yellow, Red or Green
  - The person on Blue Starts the Ball
- One team will start as the Mater's:
  - Have 2 players start at the Free Throw Line with a Basketball.
  - The other two players get in rebound position
- Narrate Storyline: The Mater's are going to see how many cars they can Haul (Basketballs they can make in the hoop), before the Lightning McQueen's can race around the Track (Dribble Relay Race the Ball around half a court)
- LIGHTNING MCQUEEN'S
  - On the Coaches Whistle, the person on the Blue X dribbles the ball to the yellow X and hand it off to the person on Yellow. Yellow dribbles/hands it off the person on Red, Red to Green, Green Dribbles back to Blue.
  - When player gets back to the Blue X, the coach blows his whistle and the time stops
- MATER'S
  - On the Coaches Whistle the two Mater's with the ball see how many Basketball they can score
  - The rebounders job is the get the ball, make or miss, and pass it back to the shooters so they as many shot opportunities as possible before time expires. The rebounders are also responsible for keeping score of how many shots their teammate makes. They must count outloud so coach can hear.
  - When the Coach blows his/her whistle again, the time stops and there is no more shooting.
- After each round, the two Mater's who were shooting become rebounders, and the rebounders become passers.
- Go through 4-times, so each Lightning McQueen gets to start from all 4-X's, and each Mater gets to shoot twice
- Review the Mater's Score and then switch what team is Mater and what team is Lightning McQueen



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- Continue as time permits
- The team with the most points at the end of the game wins.

### Comments:

For large groups: Assign up to 8 Mater's. 4-Shooters & 4-Rebounders. Shooting spots should be either shoulder and baseline. Shooters should rotate shooting spots each round. For the Lightning McQueens, use a cone to set-up a line for each corner of the court so you have 4 Lightning McQueens on the court and 4 waiting. With this style the Lightning McQueens will need to go around twice, once with each group.