



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

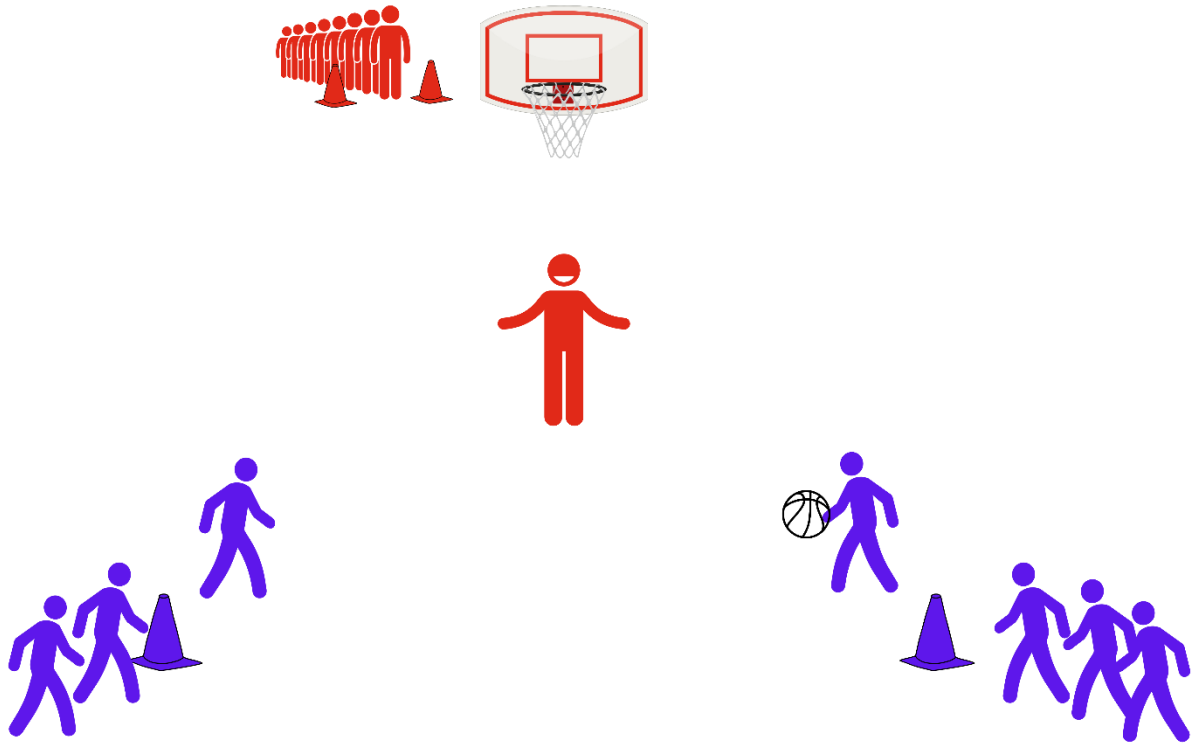


American Gladiators

Purpose: Player Spacing, Player Movement, Ball Movement. Dribble At Color Codes (Black, Blue & Brown)

Equipment: Basketball court, cones/court markers

Set Up: This game is designed to be played on a half a basketball court.



Execution:

- Introduce the ABC's of the motion offense: ALWAYS BE CUTTING.
- Introduce and introduce the Color Code of the day and its function in the sport
 - Black: Pick & Roll
 - Blue: Dribble Hand-Off
 - Brown: Dribble at to backdoor cut.
- PRACTICE ROUND:
 - Have all players regardless of team get in one of the two lines. Have them practice doing the color code of the day.
 - Shooter gets in the back of the rebounder line. Rebounder gets in the back of the shooter line.
- NARRATE STORYLINE: AMERICAN GLADIATORS! The defensive team are the American Gladiators and work as an individual or team to protect the hoop from the challengers (offensive team). The offensive challengers try to defeat all the American Gladiators in order to take over as the American Gladiators.
- PLAY: Assign 1-team to offense (challengers) and 1-team to defense (American Gladiators). The first round will be played as 2 (challengers) vs 1 (gladiator). See below for more variations.
- The gladiator's line-up on the baseline. The first Gladiator steps onto the court to defend the hoop. The challengers divide into 2 lines. The coach passes the ball to the first player in one of the lines and blows his/her whistle to signal the start of the 2-on-1 game.
- The challengers get a max of 2-shots to try to score a basket.
- IF THE OFFENSE SCORES: the challengers get 1-point and eliminate that gladiator from the court. The next gladiator steps out on the court.



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- IF THE OFFENSE SCORES USING THE COLOR CODE OF THE DAY: The challengers get 2-points and eliminate that gladiator from the court. The next gladiator steps out on the court
- IF THE GLADIATOR STOPS THE OFFENSE: The gladiators get 1-point and that gladiator stays on the court.
- After all the Gladiators have been eliminated, switch offense and defense.
- Notes:
 - A defensive foul counts as a basket for the offense. The offense gets 1-point (2 if it was committed on the color code of the day) and that gladiator is eliminated.
 - An offensive foul counts as a stop for the defense. The defense gets a point and that gladiator stays on the court.
 - If a gladiator gets 5- consecutive stops, they get 10-points for their team and are retired. The next gladiator steps on the court.
- Continue as time permits.
- Notes:
 - Lets say both teams get a chance to be gladiators and there is still enough time to play another round. There probably isn't enough time to let all players be Gladiators against so switch offense/defense after each offensive or defensive point as a lightning round.
- Continue as time permits. Reinforce storyline/score, rotation/rules, skills/technique, and teamwork/strategy
- Have both teams demonstrate sportsmanship. Recap the ABC's and the Color code of the day.

Variations: This game can also be played as:

- 3-on-1: 3 offensive & 1 Gladiator
- 3-on-2: 3 offensive & 2-gladiators
- 4-on-3: 4 offensive & 3-gladiators
- 5-on-3: 5 offensive & 4-gladiators.

The same rules and flow apply. All that changes is the number of challenger lines & gladiators on the court at a time. Make sure you always have more challengers than gladiators on the court. Coach can be a challenger for younger groups who are struggling to understand ball movement, player movement and player spacing.