



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

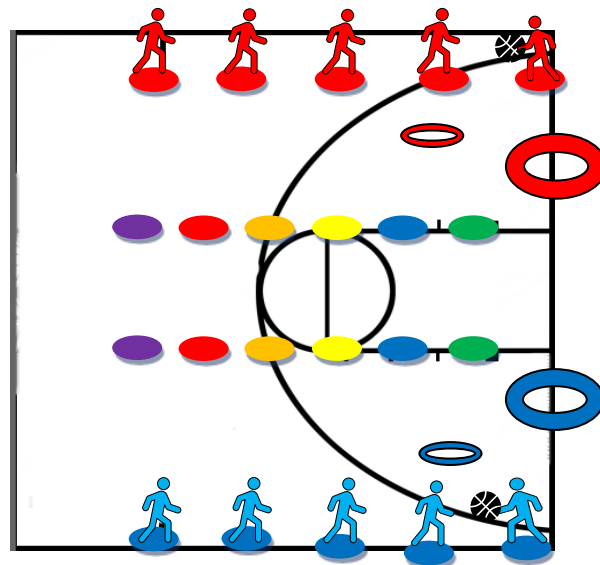


Avengers Infinite War Shooting

Purpose: Shooting

Equipment: Basketballs, Large Colored Spots, Hula Hoops

Set Up: Put down 5" Spot so each spot is further from the hoop than the one previous. Make sure the spot colors match on both side and are at an age-appropriate distance. On the sideline put down large 9" standing spots for each player. Put a Hula Hoop for each team on the baseline with an agility hoop in a triangle position between the Hula Hoop and first team spot for each team as shown below.



Execution:

- Practice Round:
 - Passing: Have players practice the rapid fire passing. Player with the ball faces their teammate and slides down the line doing a chest or bounce pass (coaches decision) to each player. Example – Shooter passes to teammate 1. Teammate 1 passes back to shooter. Shooter passes to teammate 2. Teammate 2 passes back to shooter. This continues all the way down the line.
 - Shooting: Give the first person in each line a Basketball. Have them dribble to the Green Spot. Do a jump spot on the spot. And do a 1 jump shot from the spot. Have the player get their own rebound, dribble back to their team's Jump stop hoop (agility hoop), and perform a jump stop, pivot, bounce pass, to the next person in line. Players should have rotated 1-spot towards the baseline while the shooter was shooting. Once all the players have shot from Green, move back to Blue, yellow, orange, etc., as time permits. . Coach review proper shooting form and technique throughout the practice round.
- Narrate Storyline: Red Team is TEAM SPIDERMAN. Blue Team is TEAM CAPTAIN AMERICA. The goal of the game is to be the first Super Hero team to collect all 6 Infinite Stones(colored spots) and put them into your hula hoop. The first team to collect all 6 Infinite Stones wins that round:
 - Green = Time Stone
 - Blue = Space Stone
 - Yellow = Mind Stone
 - Orange = Soul Stone
 - Red = Reality Stone
 - Purple = Power Stone
- Coach gives the ball to the first player on each team. On coaches whistle, the player with the ball performs the rapid fire passing down their team line. Once all players have touched the ball, they dribble down to one of the stones, stand on the stone, and shoot the ball.
- If the player makes the shot: they grab their STONE, put it in the Hula Hoop.
- If the player doesn't make the shot: They leave the STONE where it is on the court



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- Make or miss: After 1-shot, the player grabs his/her rebound and dribbles back to their team's jump stop agility hoop. Performs a jump stop, pivot, bounce pass to the next person in line.
- Rotation: Each person rotates 1-spot toward the baseline. The last shooter has to hustle from the jump spot hoop to the last team spot in order to get there in time for the pass back from the current shooter.
- Reinforce proper storyline, game flow, form/technique, and sportsmanship/teamwork throughout the game.
- Players can shoot from any STONE at any time. They do not have to go in order.
- First team to get all of the STONES in the Hula Hoops wins that round.
- Reset and continue as time permits. Between each round, reinforce a focus for the next round (Footwork, elbow in, follow-through, etc).
- Have all players demonstrate respect and sportsmanship.
- Review shooting and its purpose in the sport.