



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

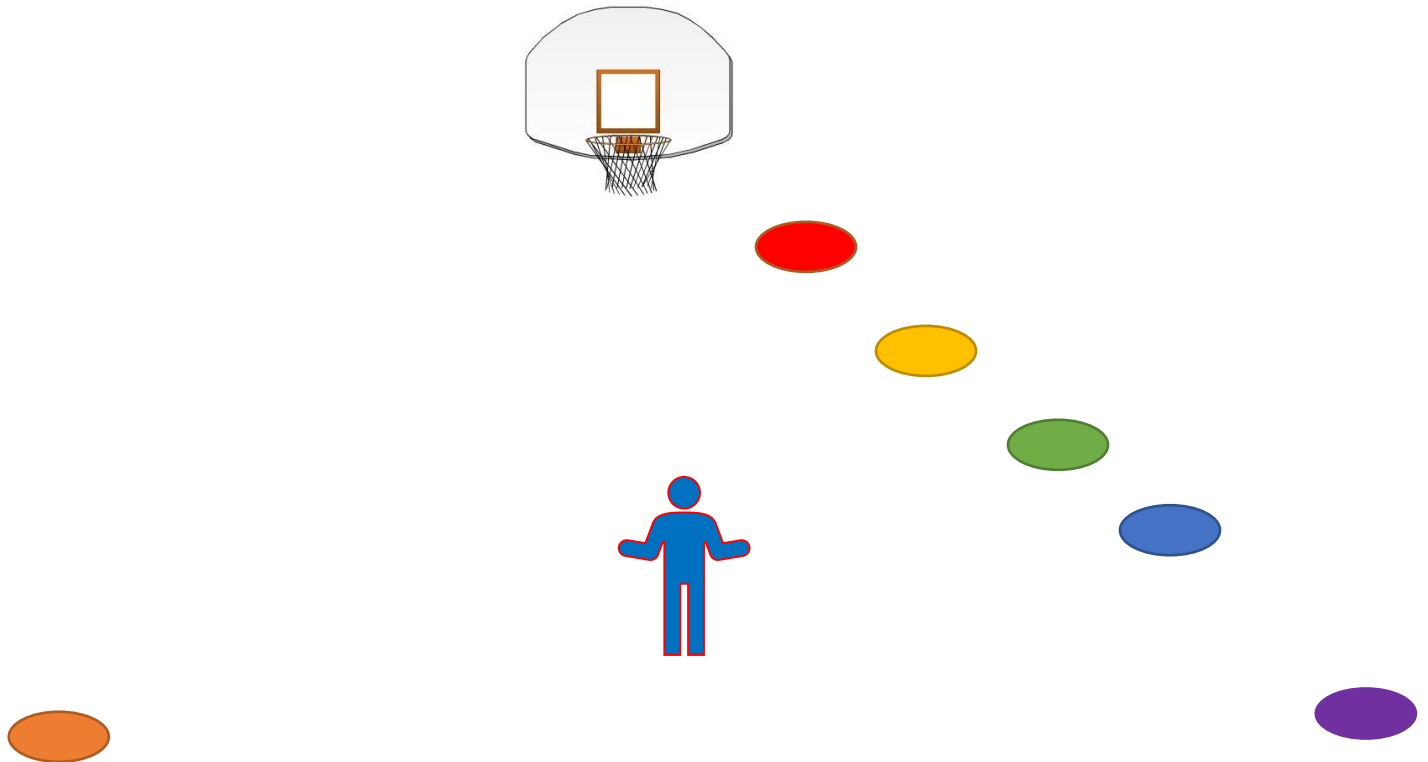


BASEketball

Purpose: Shooting, Rebounding

Equipment: Colored Spots, Basketballs

Set Up: Use colored spots (or court markers) to mark the starting spot for the shooting line and rebounding line. Lines should start on the sideline, about 5' back from where the 3-point line would be.



Execution:

- Introduce the jump shot and its function in the sport. This will be their first time at camp working on a dribble, jump stop, shot. Breakdown & demonstrate proper form.
- Introduce a rebound and its function in the sport. Breakdown and demonstrate proper form.
- PRACTICE ROUND:
 - Review rules, rotation, scoring, and strategy.
- NARRATE STORYLINE: PLAY BALL! It's baseball rules but with a basketball.
 - The offense tries to get as many runs as they can before they get three hours. They score runs by moving the players around the bases.
 - Red = Single (1-base)
 - Yellow = Double (2-bases)
 - Green = Triple (3-bases)
 - Blue = Home Run (4-bases)
 - We are playing advance rules, not force ins. So if a players makes it from yellow, all players move 2-bases. If there was already a players on 2nd, they would score.
 - The defense is the rebounders. If they rebound a ball without it hitting the ground, it is an out. 3-outs and they move to offense.
 - If they ball hits the ground on the missed shot, it is a strike. 3 strikes in a row is an out. Shooters (batters) rotate after every shot, even if it is a strike. Strikes carry over to the next better. Strikes reset after a hit or an out.
- After 3-outs, the defense move to offense and the offense to defense..
- Move the shooting spots after each inning (meaning both teams get to shoot from the spots before you move them).
 - Left Wing, Right Wing, Left Corner, Right Corner, Straight On.



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- Continue as time permits. Reinforce storyline/score, rotation/rules, skills/technique, and teamwork/strategy
- Play 3-4 innings, or as time permits. Award point to each team.
- Have all players demonstrate sportsmanship and respect
- Review the jump shot & rebound and its purpose in the sport.