



# Basketball Camp

## Fun & Fundamental (ages 5-7)

### Activity Reference Guide

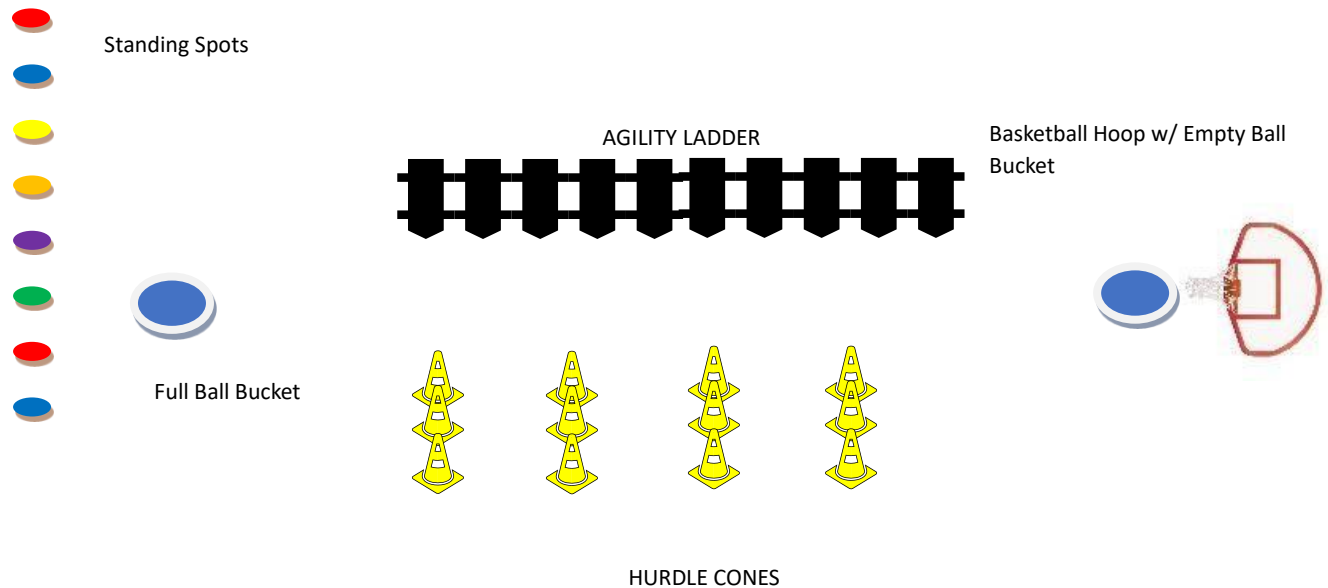


#### Feed the T-Rex w/ agility ladder challenge

Purpose: Shooting

Equipment: Basketballs, Basketball Hoop, Spots, SuperNet, 2 Ball Buckets, Agility Ladder, Cones

Set Up: Put down spots in a horizontal line to the hoop. Attach SuperNet to the Hoop with an empty bucket under it. Put a second ball bucket (full) between the player spots and the hoop.



#### Execution:

1. Teach players proper Shooting Technique “High Five to the Sky” (Breakdown, Demonstrate).
2. Grab the Empty Ball Bucket and have each player shoot the ball into the bucket
3. Grab the Basketball Hoop out of the stand with the SuperNet Attached. This is the Baby Dinosaur. Bring the hoop by each player and have them shoot the ball into the baby dinosaur’s mouth.
4. Narrate Feed the T-Rex Dinosaur – “The players are now ready for the adult dinosaurs. The Adults live on Dinosaur Island which is surrounded by LAVA!
5. The only way to get onto the island is to walk on the lava bridge (agility ladder). The only way to get off the island is to jump over the spikes (cones)
6. The kids are the dinosaur keepers and it is their responsibility to feed the T-Rex’s their favorite food...Basketball Eggs” which are currently in the food dish (Full Ball Bucket).

7. The basketball hoop is their T-Rex. Rim is the mouth, SuperNet is the Neck, and Bucket is the Belly. Start with the small Dinosaur's – Hoop on the lowest level.
8. Have standing spots or tape line to show the kids where to shoot from so they don't stand too close to the hoop. Make sure the player does not put his hands in the Dinosaurs Mouth...Ouch!
9. Coach calls up the first player who grabs a ball out of the bucket, walks across the lava bridge only stepping on the blue bars, goes up to the hoop and shoots the ball into the Dinosaurs mouth.
10. On the players 3<sup>rd</sup> attempt, the coach should tip the missed shot into the hoop.
11. Players hurdle over the cones back to their standing spot/tape line
12. Each round, add new obstacles to the lava bridge:
  - a. Cones between the blue bars = spikes – they must stop over as they cross the bridge
  - b. Large Yellow Spots on the blue bars = holes – they must skip that bar because it is broken
  - c. Small purple spots = dribble spots – they must dribble or bounce & catch (depending on the age of the kids) on the purple spots
13. Start easy and make each round more and more difficult
14. Have the players cross again, calling names one at a time.
15. Don't eliminate players, but give a point to the player(s) who make it across the bridge correctly
16. Continue until none of the players can make it across, or time elapses.
17. Raise the hoop each round to make sure you are always challenging the kids. If a kid makes the ball on one level, raise it the next until you get to the highest level.
18. Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
19. Recap Shooting Technique and when/why it is used in Basketball