



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

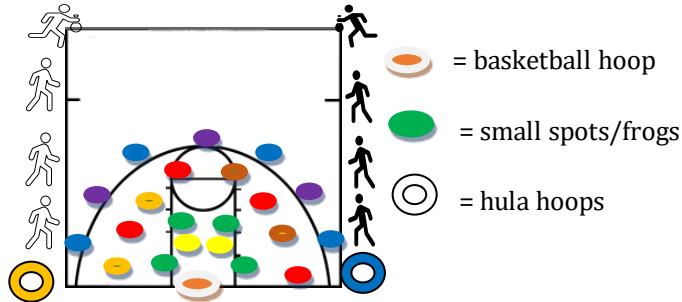


Frog Catcher

Purpose: Dribbling, Passing, Shooting

Equipment: Large colored spots, small colored spots, hula hoops, basketballs

Set Up: Spread 4 small colored spots of each color around the basketball court (Yellow & Green = Key, Red & Orange = 2-pointers, Blue & Purple = 3-pointers). Put 1 large colored spot/player down the sideline to show the players where to stand. Put a Hula Hoop on the corner of the sideline/baseline for each team.



Execution:

- Break players into teams and have them stand on sideline on their team spots.
- Teach kids how to do a proper Jump Shot (Introduce, Breakdown, Demonstrate)
- Give 1 basketball per team to the player closest to the hula hoop.
- Coach says "GO" and players do bounce passes down the sideline until it gets to the player furthest from the hoop. Make sure kids are doing a proper Bounce Pass
- When the player furthest from the hoop gets the ball, he/she dribbles the ball up to one of the frogs. Player does a jump shot on the frog and takes a Jump Shot. Make or miss they get their rebound, dribble to the spot closest to the hoop, and starts passing the ball down the line.
- Have kids start with Green Spots, then yellow, orange, red, blue, purple
- Once all players have gone through each color, introduce the Storyline to "Frog Catcher"
- Let the players know the frog scoring system:
 - a. Green Tree Frog = 1-point/Yellow Sun Frog = 1-point
 - b. Orange Sun Frog = 2-points/ Red Lava Frog = 2-points
 - c. Blue River Toad = 3-points/ Purple Horned Toad = 3-points
- **If he/she makes the shot**, they get to grab the frog from where they made it (spot) and put it in the Hula Hoop (frog net).
- **If he/she misses the shot**, they do not grab the frog. The player only gets 1 shot attempt.
- **Make or miss** after 1 shot, the player who just shot the ball gets the ball and dribbles to the spot closest to the hoop. All other players rotate down 1-spot.
- The team then does bounce passes down the line again to the players furthest from the hoop and tries to catch the next frog.
- Do one round of practice play, then play for points.
- Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout game Repeat until all the frogs are gone.
- At the end of the game, the team with the most frog points in their Hula Hoop wins!
- Recap Shooting and when/why it is used in Basketball