



Basketball Camp

Fun & Fundamental (ages 5-7) Activity

Reference Guide

Lightening McQueen (Variation of Mr. Fox)

Purpose: Running

Equipment: Discs, Basketball Hoop, Basketballs

Set Up: Use the Discs to create 1-racing lane/player. The racing lane consists of a small box (large enough for player to stand in) followed by a straight line of tape. Past the tape create a garage for Lightening McQueen (Use tape to create a red Pentagon). Across from McQueen's garage put a Basketball Hoop.



Execution:

1. The first round, the coach will be Lightening McQueen and stand in the garage.
2. Tell the kids that, as a team, they all must yell, "Lightening McQueen, Lightening McQueen, What Time Is It?"
3. Coach says 6 o'clock (or whatever time you want)
4. Kids do 6 marches towards Lightning McQueen's garage and then freeze, hands on your knees
5. Kids & coach ask again "Lightening McQueen, Lightening McQueen, What Time Is It?"
6. When the players make it almost to the end of their racing lane, the coach will respond to the kids question with "RACING TIME!"
7. At that point the kids race back to their starting box (garage). At the same time Lightening McQueen races to the Basketball hoop and tries to shoot the ball in the hoop. McQueen gets 1-point for every car that has not made it back in their garage by the time he/she makes the basket.
8. Assign 1-2 kids to be Lightening McQueen and continue. Repeat until all players have had a chance to be McQueen
9. Depending on age group, you can substitute marching for Bounce and Catch or Dribbling.

Variations:

- Dynamic movements - Instead of marching, implement different kinds of dynamic stretches/movement: Bunny Hops, Frog Leaps, Lunges, Steps Backwards, High-Kicks, Slides, etc
- Obstacles: Put an obstacle between McQueen's garage and the Basketball Hoop (hop scotch, zig zag flags, etc.)