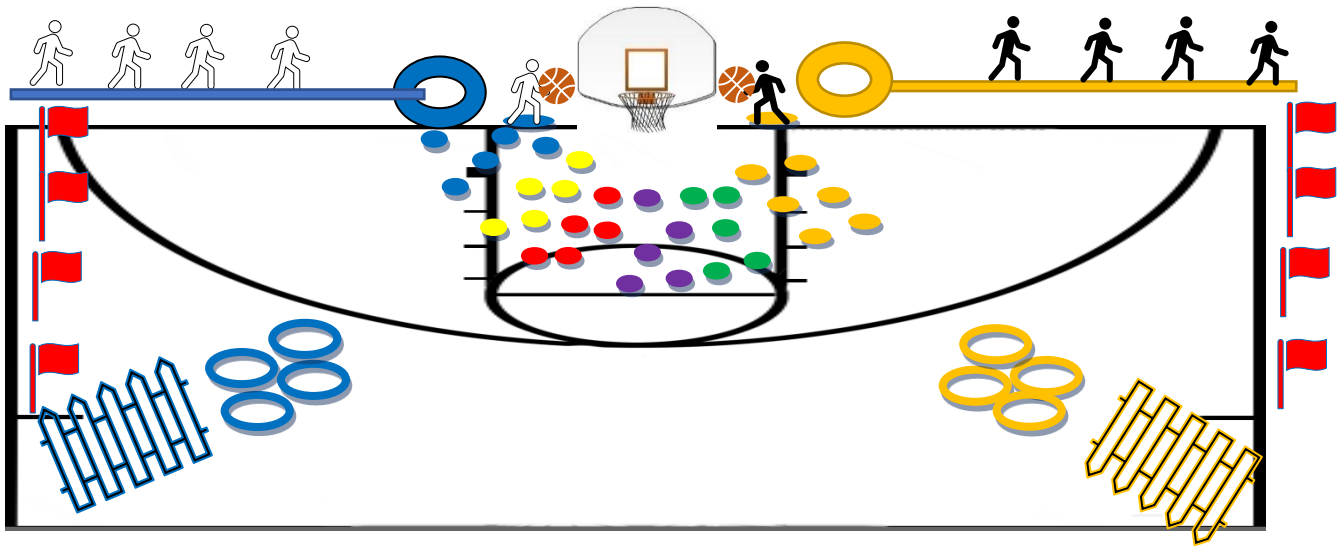


## Pokémon

Purpose: shooting, Rebounding

Equipment: basketball hoop, Agility Hoops, Cones, Agility Ladder, small spots, large spots, hula hoop

Set Up: Place 6 spots of each color in a semi-circle around the basket from an age appropriate distance. The spots are pokemon. Place a standing spots/team lines on the Baseline. Place an additional standing spot next to the basketball hoop for each team for the inbound passer. Put a colored hula hoop next to each groups standing spots, between the team line and inbound spot. Put down agility cones/flags, ladders, and hoop as shown in the diagram.



Execution:

- Teach/Demonstrate proper shooting form/technique – Hand under the ball. Second hand to the side to keep the ball on your hand. Start with ball on your chest/shoulder. High-Give to the hoop. Aim for the white square on the basketball hoop.
- Review Storyline - Tell the kids that as a team they are going to try and catch 1 of each Pokémon and put them in the Pokémon net (Hula Hoop)
- Have one player from each team stand on the inbound spot with the ball. The rest of the team lines up on the Baseline as shown above. On the coaches whistle, the two players closest to the sideline go! They zig zag through the cones, do the correct agility exercise down the ladder, out one foot in each agility hoop, and stand on the Pokémon they are trying to catch.
- Their teammate on the inbounds spot gives them a good bounce pass. The shooter must catch the ball while keeping at least one foot on the Pokémon. If their foot comes off, they lost the Pokémon. They grab the ball and go to the Inbounds spot.
  - a. If they make the ball in the hoop, they grab their ball and the Pokémon they just caught. The Pokémon goes in the Hula Hoop and they stand with the Ball on the inbound spot to pass it to their next teammate.
  - b. If they miss the shot, or do not catch the ball with their foot on the Pokémon, they grab their ball and go to the inbound spot to become the next inbound passer. They do not catch a Pokémon.
- The inbound passer goes to the back of the line after their pass.
- Coach can all the next player to go as soon as the prior player shoots the ball. You want to keep the game moving quickly so there isn't too much standing around time.
- Once the game is flowing, you can start working with the players more who are struggling to shoot correctly. Start with the flow of the game, then move onto technique.
- Continue until a team catches one of each Pokémon (1-Set). Let the teams know that the winning team won 1-point, but now we are going to see which team can collect the most sets.
- Continue until time expires or all the Pokémon are gone.
- Each team gets 1-point for each Pokémon set (1-of each – 6 total). It doesn't count if it is not a set.
- Have players demonstrate teamwork and sportsmanship by saying good game.
- Recap shooting and inbounding and their purpose in the sport.



## Basketball Camp (7-12) Activity Reference Guide



Comments: Use fun Pokemon for each color spot:

- Green - Bulbasaur
- Blue - Snorlax
- Purple - Gengar
- Yellow - Pikachu
- Red - Charmander
- Orange – Charizard