



# Basketball Camp

## Fun & Fundamental (ages 5-7) Activity

### Reference Guide

#### Star Wars Dribbling Relay Race

Purpose: Dribbling

Equipment: Cones, spots, hula hoops

Set Up: (see diagram below)

- Break kids into camp teams and assign each team to a hula hoop (Blue or Yellow). Put standing spots behind the hoop to show the kids where to stand
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.
- In the middle of the court build a gate for each team (6 colored spots in a Horizontal Line).



#### Execution:

- Coach starts by showing all the players how to build a Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots
- Coach announces a color gate code for that round that all the players must remember (i.e. Red, Blue, Blue Green, Yellow).  
Have all players repeat a couple of times to make sure they know it.
- Coach give a basketball to the first player on each team.
- When the coach blows his/her whistle the player from each team dribbles up to the color gate and enters the color gate code by bouncing the ball (with 1 or 2 hands) on the colored spots in the correct order (Red, Blue, Blue Green Yellow)
- If the player enters the code correctly, he/she may pass. If they do not enter it correctly, they must try again.

- After the player gets through the gate, they dribble up to the green hula hoop and grab 1 cone (while dribbling)
- They then dribble back to the gate, enter the correct code again (now only using one hand to dribble the ball since they have the cone in the other) and put the cone down on their team hula hoop to start creating their Rebel Star Ship.
- The first team to correctly build their Rebel Star Ship in their Hula Hoop, and have all player sit down in their team line, wins 10 points for their camp team!
- Coach also awards bonus team points for each player (both teams) who went down and back perfectly (correct gate code, no traveling, no double dribble)

Comments:

- How to build a Rebel Star Ship (you will need 14 cones for each rebel starship)
  - o Put 6 Cones down in a triangle shape
  - o Put 3 cones upside down in gaps\*\*\**This is the key*
  - o Put 3 cones right-side up on top of upside down cones.
  - o Put 1 cones upside down in gaps
  - o Put 1 cones right-side up on top of upside down cones