



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

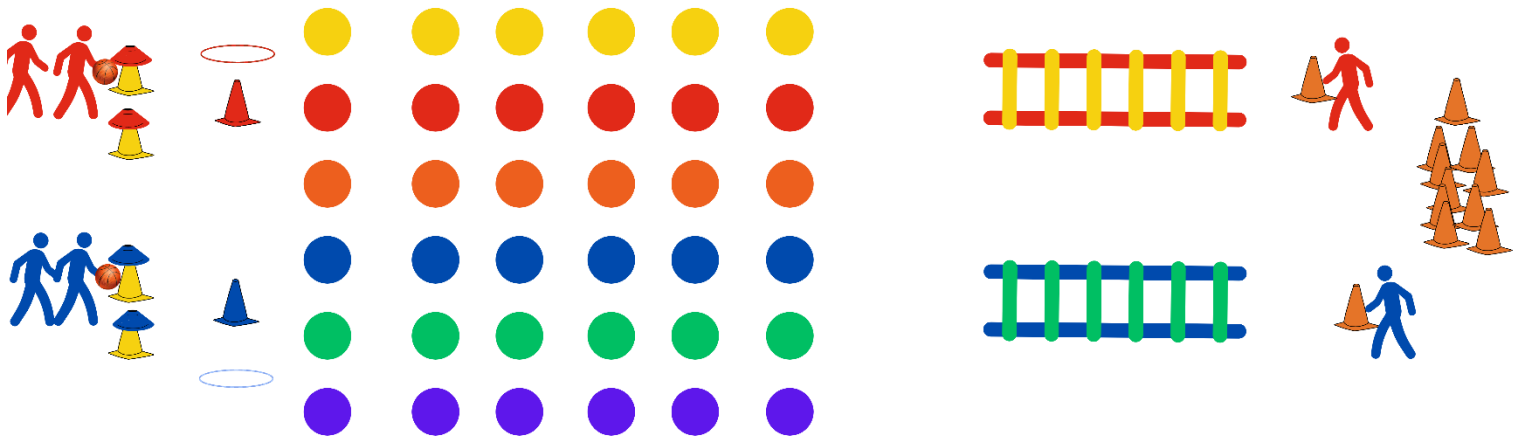


Tarzan's Escape

Purpose: Dribbling

Equipment: Colored Spots, Cones, Agility Ladders, Disc Cones

Set Up: Use 6 of each color to make a 36-spot grid as shown below. Make sure the colors match all the way down each row. Use team colored cones to mark the team starting gate for each team. Put a agility hoop off the to side for the jump stop, pivot, pass. Place a team colored cone between the gate and spot grid. On the far side of the court, place neutral colored cones in a pile on the far side of two agility ladders.



Execution:

- Introduce, breakdown & demonstrate the skills for the game:
 - Agility Ladder: “Jaguar Jacks” – Start by standing on the side of the ladder with your right foot inside the first square of the ladder and left foot behind. Player jumps up, with both feet coming off the ground at the same time, and lands with the left foot inside the second square of the ladder and the right foot behind. Continue down the entire ladder.
 - Ball Control: “Finger Tips Grabs” Drop the ball from above your head. Catch below your knees before the ball hits the ground
 - Dribbling: Dribbling while moving a cone without being called for a travel or double dribble
- PRACTICE ROUND:
 - Review the rules, skills, flow, & objectives for both Jaguars and Tarzans
- NARRATE STORYLINE: The cones are the two tarzan’s and the colored spots are the trees of the jungle. The first Tarzan to get across the jungle (get their cone from the first spot to the last spot) wins the round. Tarzans can go forward or sideways, but no diagonal.
- PLAY: Assign one player from each team to be the Jaguar and have them start on the far end of the play area next to the agility ladder. They must start on the near side of the ladder so they Jaguar Jack before they grab a cone. The rest of the players line-up in a single file line behind the team cone gate. Give the ball to the first person in line.
- On the coaches whistle the two players in the front of each line perform a FINGER TIP GRAB, then grab the Tarzan cone and move it to one of the colored rows on the jungle grid (Yellow, Red, Orange, Blue, Green, Purple). If the ball hits the Finger Tip Grab they must try again. If they miss 3-times in a row they are allowed a bounce.



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- Once they place the cone down on one of the spots, they dribble back and perform a jump stop/pivot/bounce pass (with their inside foot in the agility hoop) to the next person in line.
- The next person in line then moves to cone to the next spot (forward or sideways. Not diagonal).
- While this is going on, the Jaguars perform the Jaguar Jacks to the Jaguar Cone pile, grab 1-cone, then Jaguar back to the grid. They can then put the Jaguar cone down on any unoccupied cone. This means there is a Jaguar in the tree and the Jaguars cannot use that tree to cross the jungle.
 - THE JAGUARS WANT TO BLOCK THE OTHER TEAM TO SLOW THEIR ESCAPE FROM THE JUNGLE.
- Continue until one of the Tarzans reach the last row of spots which means they escaped the jungle and win the round.
- If the Jaguars block all exits, it is a tie game
 - If this happens often, make the Jaguars dribble a basketball while they do the Jaguar Jacks and put a Jaguar in the tree. If they lose their dribble or perform a travel/double dribble, they have to start over at the start of the ladder.
- Change which player is the Jaguar each round and continue as time permits.