



# Basketball Camp (ages 7-12)

## Activity Reference Guide

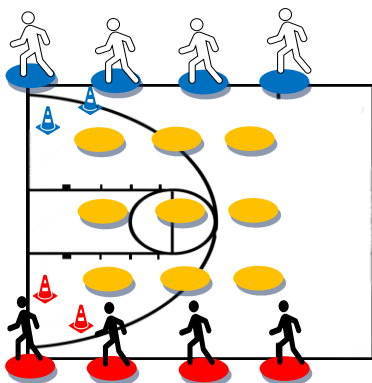


### TIC, TAC, TOE, Shooting

Purpose: Shooting, Ball Control

Equipment: Colored Spots, Basketballs, Cones

Set Up: Using Orange Spots, create a Tic, Tac, Toe Board at an age-appropriate distance from the basketball Hoop. Use Blue and Red Spots to mark team standing spots. Between the team line and Tic Tac Toe Board, put down 2 cones to form the Ball Control Gate. Have an extra Pile of Red and Blue Cones/Discs to use as team markers.



### Execution:

- Pair up players and have them stand across from each other. Give 1-side a ball. Teach them 3 Ball Control Exercises that you will be using during the game.
- Have kids' line-up in their standing spots
- Introduce shooting and its purpose in the sport. Breakdown and demonstrate proper shooting form
- Narrate Tic, Tac, Toe Storyline and game objectives/team goals.
- Do a practice round of tic, tac, toe, working on strategy and proper form
- Give one ball to the first person on each team.
- On coaches whistle one player from each team dribbles to the Ball Control Gate and does the Ball control exercise (i.e. 5 through the leg switches). Once they do the ball control move correctly, they can dribble to an Orange (neutral) Spot and shoots the Ball.
- **If the player makes the ball**, coach puts their teams cone (blue or red) on top of the neutral Yellow Spot. The Red or Blue team now owns that spot and cannot be reclaimed.
- Reinforce storyline, technique, game flow, and teamwork throughout
- Continue until a team gets Tic, Tac, Toe, or it is a draw
- Assign a new ball control exercise for the next round. Introduce and demonstrate a focus for the next round (i.e. Footwork, elbow in, follow-through, aiming, etc.).
- Continue as time permits. Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
- Have all players demonstrate sportsmanship and respect to the other team.
- Recap shooting through questions
- \*If both players arrive on the same spot at the same time, do Rock, Paper, Scissors as a tie-breaker