



# Basketball Camp

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

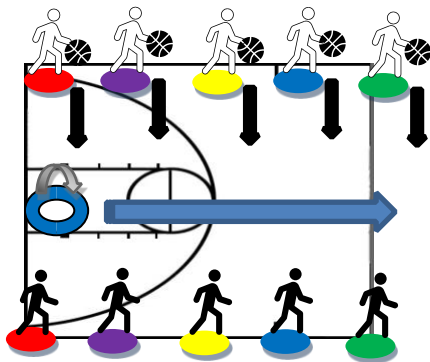
### Reference Guide


#### Tip the Cow

Purpose: Passing

Equipment: spots, basketballs, hula hoops

Set Up: Put 2-lines of large colored spots on either sideline so that they match colors. Assign 1 team to each sideline. Give the basketballs to one of the teams.



 = hula hoops

#### Execution:

1. 1 teams starts with the ball.
2. Coach does a backspin Hoopla Toss to make the Hula Hoop (cow) run across the court. The team with the ball does a 2handed chest pass and tries to knock over the cow. Everyone passes their ball together (5-balls).
3. If the team knocks the cow before it reaches finish line, they get 1-point. If the cow passes the finish line, they do not receive a point.
4. The opposing team that does not have the ball retrieves the ball from the player opposite and gets ready for their turn.
5. After a player from each team has had their try, coach says rotate and all the players move down 1-spot (Green to red, red to purple, purple to yellow, etc).
6. Team with the most points at the end of the game, wins.

Comments: Remind the kids how to do a proper push pass; start from the chest. If you are having trouble rolling the Hula Hoops, try throwing it with back-spin off a wall and have the kids try to knock the cow over as it comes back.

Variation: “Feed the Cow”- Repeat but have the kids push pass the ball THROUGH the hoop as it rolls by the line; don’t knock it over!