



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

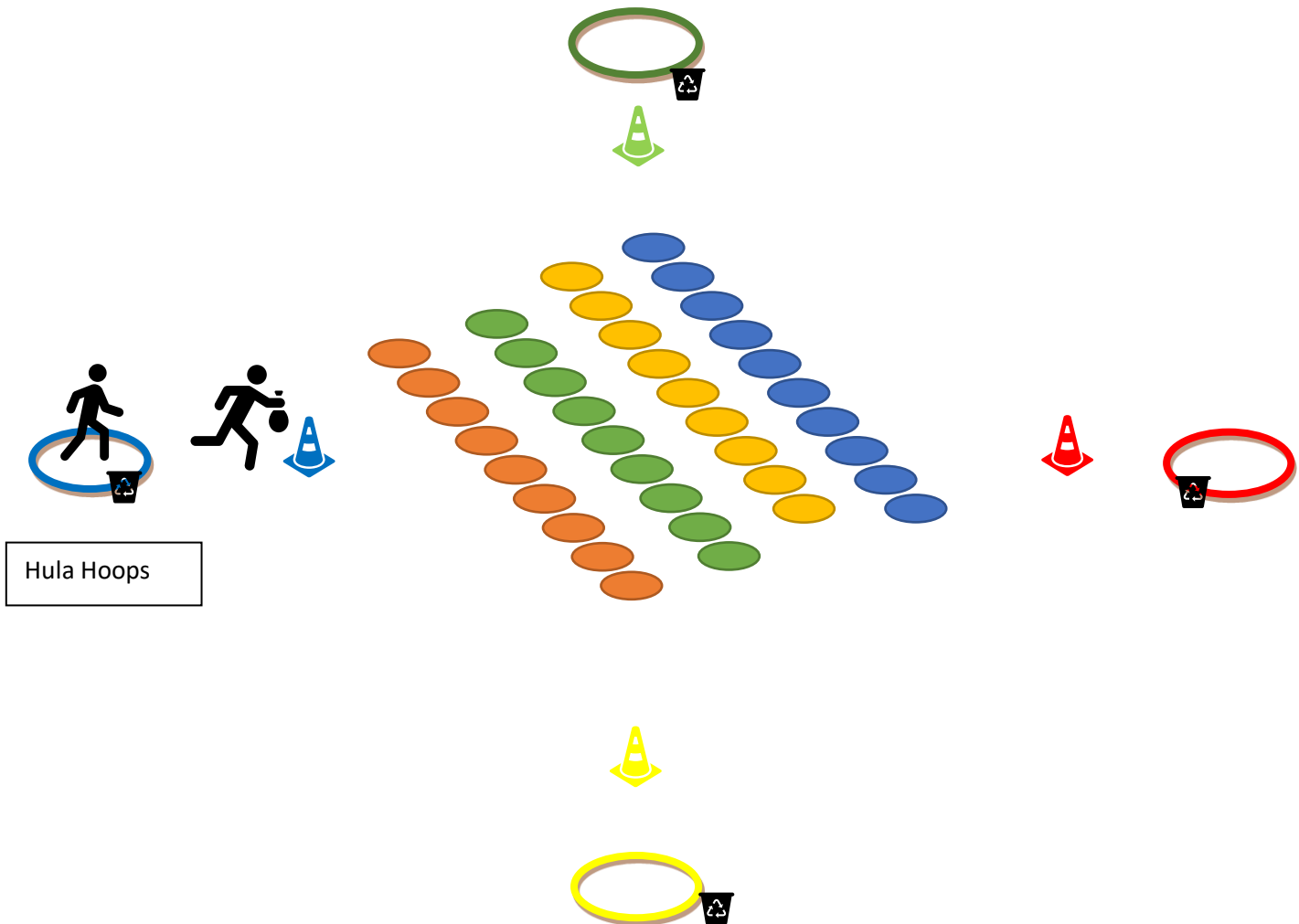


Treasure Island - Chapter 1

Purpose: Dribbling

Equipment: hula hoops, Buckets, Large Colored Spots, Basketballs

Set Up: Put down as many Small Colored Spots (Pirate Coins) as you can spare in the middle of the court. On the perimeter, put 4-6 Team Hula Hoops, with a Bucket next to each hoop. Put a cone down between each pair's hula hoop and the pirate coins. Break players into pairs and assign each pairing to a Hula Hoop.



Execution:

1. Chapter 1: Collect the Pirate Coins
 - a. Give 1 Basketball per pairing.
 - b. Start by assigning and reviewing a Specialty Dribble (Bounce & Catch, Crossover, Around the Back, Through the Legs, etc.). For this example we will start with the CROSSOVER DRIBBLE
 - c. When coach yells, "GO", the players with the ball dribble from their hoop to the Pirate Coins.
 - d. When they get to their cone, they do a CROSSOVER DRIBBLE. If they do it correctly (without losing the ball or committing a violation), they get to go grab 1-Pirate Coin. If not, they try again.
 - e. Once they collect their Pirate Coin, they dribble back to their Hula Hoop, drop the Spot in the Bucket, and hand the ball to their partner
 - f. The Partner then does the same thing



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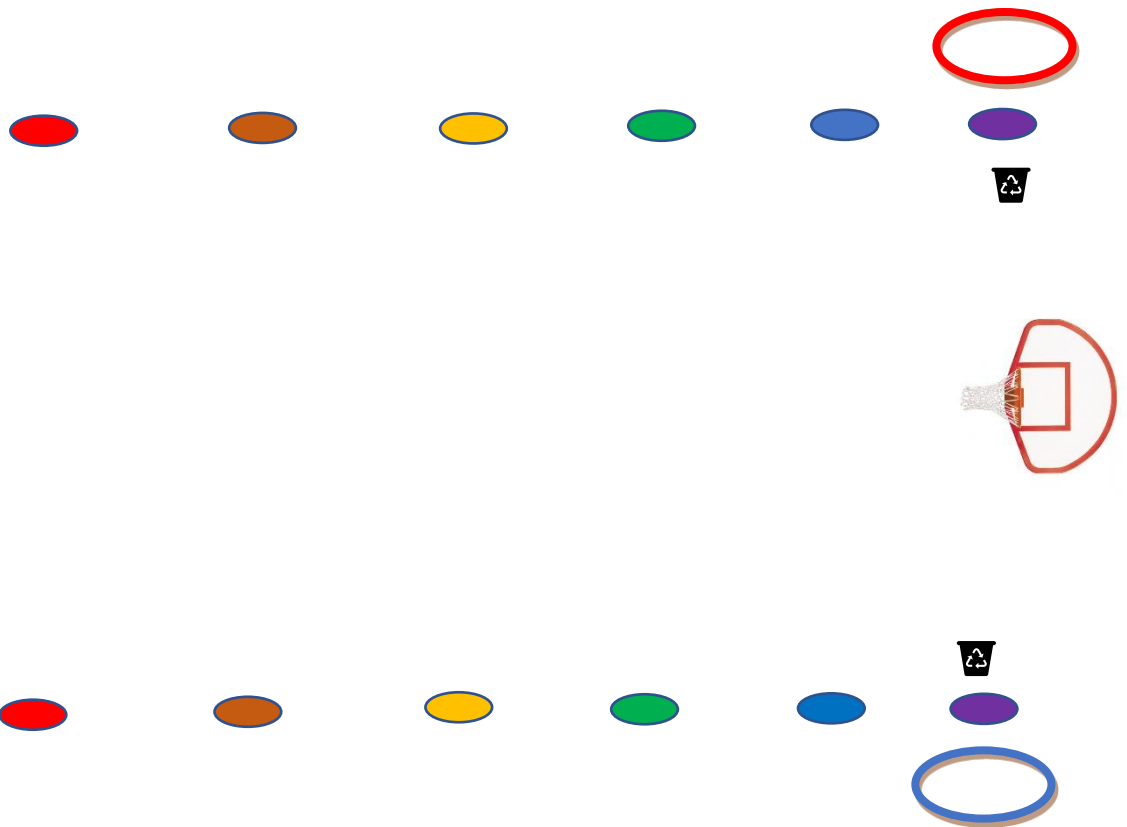
- g. Continue until time expires OR all the coins have been collected.
- h. Change the Specialty Dribble every 2-minutes.
- i. Count-Up Total # of coins and make note of the total for Chapter 2.

Treasure Island – Chapter 2

Purpose: Passing & Shooting

Equipment: hula hoops, Buckets, Large Colored Spots, Basketballs

Set Up: Put down 1 large colored spot per player on both sidelines. Put down 1 Hula Hoop outside the purple spot on each team line. On the other side of other purple spot put a small bucket or agility hoop to hold the pirate coins that they collected in chapter 1



Execution:

1. Chapter 2: The Pirate Battle
 - a. The team with the most coins gets to choose their side of the court.
 - b. Give 1 basketball per team. The player with the ball stands on the purple spot next to the hoop/bucket filled with the Pirate Coins they collected from Chapter 1. All remaining players stand on a 9" spot down the sideline. Make sure there are enough spots for each player.
 - c. Coach sets the timer for 5-minutes.
 - d. On the coaches whistle the battle begins. The first person on each team grabs a pirate coin out of the bucket/hoop, and drops it off in their teams hula hoop. They then perform a chest pass to the next person in line. Purple passes to blue. Blue to green to yellow, yellow to red.
 - i. If the ball hits the ground for any reason, the ball goes back to the first person in line (on the purple spot), who has to put another coin in the hula hoop before passing back down the line.
 - e. If the ball makes it to the Red Spot, they dribble down to the basketball hoop and perform a jump shot or lay-up on the basket.



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- f. IF THEY MAKE IT: everyone on their team count the points out loud in consecutive order so the coach can hear their total points:..."1, 2, 3, 4".
 - g. IF THEY MISS IT: The team doesn't count the point.
 - h. MAKE OR MISS: The player who shot the ball gets their own rebound and dribbles to the purple spot. All players must rotate down 1spot to make room on purple:
 - i. Purple to Blue, Blue to Green, Green to Yellow, etc.
 - i. Once the player gets to Purple they grab a spot out of the bucket, while dribbling, drop it in the Hula Hoop, while dribbling, then perform a chest pass to the teammate on Blue!
 - i. If the player loses the ball or performs a travel/double dribble while moving the pirate coin from the bucket/agility hoop to the hula hoop, it costs them 1-pirate coin.
 - j. Continue for 5-minutes then have the teams switch sides.
 - i. Once a team runs out of pirate coins they are out of the game and are done for that round.
 - k. Add up the total number of basketball that each team made until both teams are out of pirate coins, and add to the score from chapter 1.
2. Chapter 3: Lightning Rounds
- a. With the time remaining, play quick 2-minute games of the pirate battle. Same rules but this time there are no coins. Teams see how many points they can score before the clock runs out. If the ball hits the ground going down the sideline for any reason, the ball must start back on the purple spot.
 - b. Switch sides of the court every lightning round.
 - c. Winner of each round gets 1-point.
3. Add the total score from Chapter 1, 2 & 3. Add the total points to the team points. Have players demonstrate respecting the ROOTS of the game and tell each other GOOD GAME!
4. Recap the importance of dribbling, passing, and shooting and how they work together in the game!

Part 2: Load the Pirate Ship

- a. Now that the coins have been collected, the pirates are going to try to load their pirate ship.
- b. Each Pair grab's their bucket and follow the coach to the Basketball Hoop
- c. Coach puts down a SHOOTING SPOT that all the players shoot from
- d. Each spot represents 1-shot opportunity for the players. They alternate shots with their partner
- e. Have players line-up with their partner. Coach calls up the first player who hands them a Pirate Coin in exchange for a Basketball
- f. The player gets 1-shot. If they make it, they get a point. If they miss, they don't get a point.
- g. Once a pair runs out of Pirate Coins, they can no longer buy Basketballs to shoot. They are out for that round.
- h. Coach moves the Shooting Spot after each round (once every player has shot from that spot).
- i. Continue until all pairings have spent their Pirate Coins. The pair with the most points at the end of the game wins a point for their team.

Comments:

- For Part 2, the coach needs to keep things moving quick or this will take forever and be boring. Players should be in line and have their Pirate Coins ready to go. If they are not ready, they lost their coin and don't get a Basketball.
- For the older kids, be more strict on what counts as an acceptable dribble while collecting the spots.
- For the older kids, you can add additional "juke cones" on their way to the coins so they may have to do a crossover, then behind the back dribble. You can also have them start with the pivot moves.