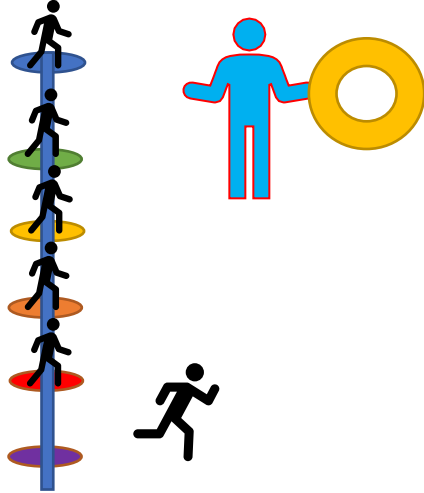


Catch the Cow, Feed the Cow, Tip the Cow

Purpose: Passing

Equipment: hula hoops, basketballs, Standing Spots, Wagon

Set Up: Get all the kids to stand on their spots. Coach holds all the hula hoops. Put an empty Ball Bucket or Wagon off to the side of the court



Execution:

- Warm-up:
 - Introduce Passing and it's concept in the sport. Teach the proper technique for a push pass. (Breakdown, Demonstrate). Have players demonstrate the push pass using the "invisible ball". Coaches Cue – Scare the Coach (step and push arms straight out "Ahh").
- Catch the Cow:
 - Have all the players stand on the team line.
 - Coach calls up the first player and spins the Hula Hoop so it rolls away from the player (for older kids, do an over the shoulder throw so it rolls fast and far)!
 - The player tries to run down and catch the Hula Hoop before it falls over
- Feed the Cow:
 - Have all the players stand the team line:
 - Coach holds the Hula Hoop in front of each player, one at a time, so the bottom of the hoop is touching the floor
 - Coach hands the ball to each player who does a "BOUNCE PASS" into the hoop
 - Coach goes all the way down the line
 - Coach goes back to the start of the line and holds the Hula Hoop at waste level and has the players practice doing a CHEST PASS
 - Coach goes all the way down the line
 - Coach holds the hoop as high as they can in the air and has the player practice SHOOTING
 - Coach goes all the way down the line
- FEED & CATCH THE COW:
 - This game is done in Pairs
 - Coach calls up two players and gives 1-player the Ball.
 - The player with the Ball is going to try to Feed the Cow while it is rolling. The player without the ball is going to try to Catch the Cow after his/her partner feeds it
 - Coach spins/throws out the Hula Hoop



TOT/PRESCHOOL BASKETBALL (AGES 3-5) ACTIVITY REFERENCE GUIDE



- Player 1 passes the Ball through the Hoop and Player 2 grabs the Hoop. Player 1 grabs the Basketball and returns it to the Wagon. Player 2 grabs the Hula Hoop and returns it to the Wagon
- Go through all player pairings. The next time up switch who Feeds the Cow and who Catches the Cow.
- Tip the Cow:
 - Have all players stand on the team line and give each of them ball. Tell them the Hula Hoops are the cows and they are going to come running out the chute. As a team, they are going to try an “Tip the Cow” by doing a chest pass into the hoop and knocking it over before it escapes
 - Have all players stand with ball at their chest in the ready position, This time the kids CANNOT run. They must keep 1-foot on the Team Line.
 - Coach does a “Back-Spin” toss, so the hoop rolls away from her and across the line of kids. (If you have a wall available, throw the hula hoop off the wall).
 - If the kids knock over the hoop, they get 1-point. If the cow escapes, the cows get one point.
 - After each round have all the players rotate their position. For younger kids, make sure you use Standing Spots to help with where to stand.
 - Continue as time permits
- Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
- Recap Passing Technique and when/why it is used in Basketball