



BASKETBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

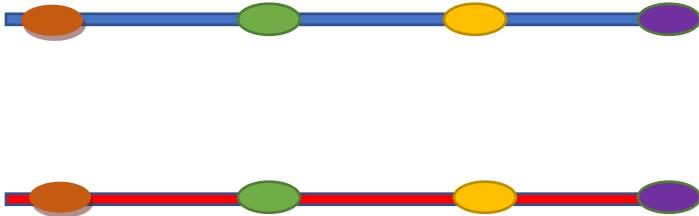


Centipede Relay Race

Purpose: Bounce Passes, Shooting, Teamwork

Equipment: Tape, Large Colored Spots, Basketballs, Basketball Hoop

Set Up: Use tape to create 2-team lines (For this Example, Blue & Red). On each team line, put down 4 Large Spots (For this example: Orange, Green, Yellow, Purple). Put a Basketball Hoop on the opposite side of the court.



Execution:

- Break players into two teams and assign each team to a Colored Spot
- The Ball starts on the Spot furthest from the hoop (Orange)
- One coaches whistle, the person on Orange does a bounce pass down the line:
 - Orange to Green, Green to Yellow, Yellow to Purple.
- When the person on the Front Spot gets the ball (Purple), they dribble to the hoop and shoot until the make it.
- While the person is running, everyone waiting in line scoots up 1-spot so the back spot (Orange) should now be open.
- When the shooter gets back to the Orange spot, they bounce pass the ball down back down the line to Purple.
- The first team to get back in their original order wins the race
- Review proper passing form, and play again as time permits
- Have all players give a high-five to the other team and tell them good game.

Variations:

- Solo Shot – Players only get 1-shot. If they make it, the team gets a point. If they miss it, they don't get a point. Either way they grab their rebound and dribble back to the Orange Spot. First team to 10 wins the game!

Comments:

- Make sure players are doing Bounce Passes