



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



Fast Break:

Purpose: Defense, Rebounding, Agility, Listening

Equipment: Colored Spots

Set Up: Use colored spots to create a grid approx.. 30'x30'

Execution:

1. Have all kids stand on their color spot
2. Coach yells commands and players follow along:
 - a. Defense: kids slap the ground, get in their defense stance and yell "DEFENSE"
 - b. Right Step: Kids do a one defensive slide to the right and yell "RIGHT STEP"
 - c. Left Step: Kids do one defensive slide to the left "LEFT STEP"
 - d. Rebound: Kids jump in the air as high as they, reach for the sky, and yell "REBOUND"
 - e. Dribbling: Kids pretend to dribble an invisible ball and yell "DRIBBLE"
 - f. Pass: Kids step forward and push their arms out like they are passing an invisible ball and yell "PASS"
 - g. Shoot: Kids pretend to shoot an invisible ball, hold their follow through, and yell "SHOOT"
 - h. Block: Kids jump in the air. Swat at the air and yell "GET THAT OUTA HERE"
 - i. Fast Break: Kids run across the court and coach tries to tickle them with pool noodles (like sharks and minos).
 - j. No one gets out in this game