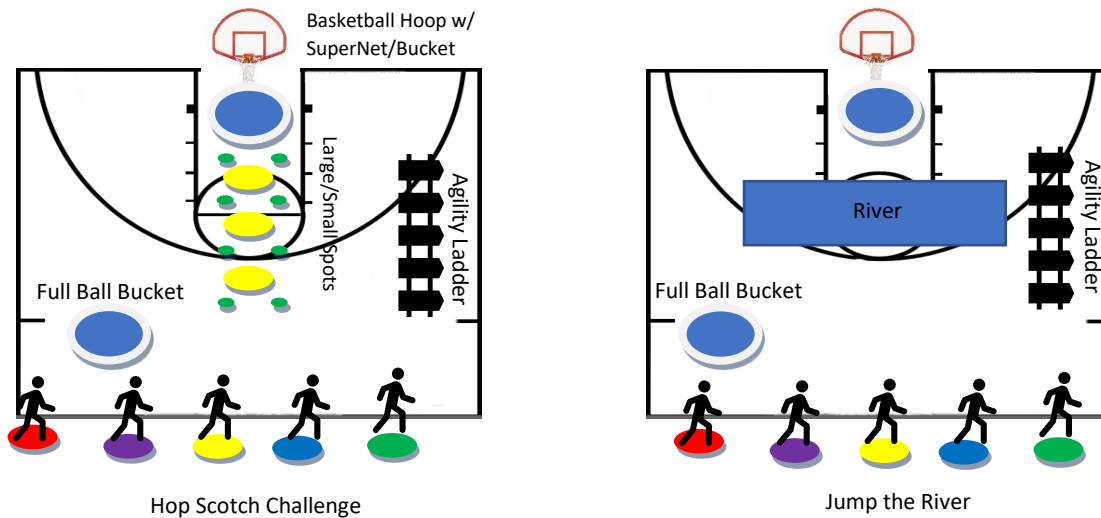


Feed the T-Rex:

Purpose: Shooting

Equipment: Basketballs, Basketball Hoop, Spots, SuperNet, 2 Ball Buckets

Set Up: Put down spots in a horizontal line to the hoop. Attach SuperNet to the Hoop with an empty bucket under it. Put a second ball bucket (full) between the player spots and the hoop.



Execution:

1. Teach players proper Shooting Technique “High Five to the Sky” (Breakdown, Demonstate).
2. Grab the Empty Ball Bucket and have each player shoot the ball into the bucket
3. Grab the Basketball Hoop out of the stand with the SuperNet Attached. This is the Baby Dinosaur. Bring the hoop by each player and have them shoot the ball into the baby dinosaur’s mouth.
4. Narrate Feed the T-Rex Dinosaur – “The players are now ready for the adult dinosaurs. The Adults live on Dinosaur Island which is surrounded by LAVA!
5. The only way to get onto the island is to hop on the lava Rocks (Colored Spots. Large Spots – Jump Both feet together on the same spot. Small Spots – Jump both feet apart). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar.
6. The kids are the dinosaur keepers and it is their responsibility to feed the T-Rex’s their favorite food...Basketball Eggs” which are currently in the food dish (Full Ball Bucket).
7. The basketball hoop is their T-Rex. Rim is the mouth, SuperNet is the Neck, and Bucket is the Belly. Start with the small Dinosaur’s – Hoop on the lowest level.
8. Have standing spots to show the kids where to shoot from so they don’t stand too close to the hoop. Make sure the player does not put his hands in the Dinosaurs Mouth...Ouch!
9. Coach calls up the first player who grabs a ball out of the bucket, hops on the Lava Rocks, goes up to the hoop and shoots the ball into the Dinosaurs mouth.
10. On the players 3rd attempt, the coach should tip the missed shot into the hoop.
11. Players take the lava bridge back to their spot.
12. Raise the hoop each round to make sure you are always challenging the kids. If a kid makes the ball on one level, raise it the next until you get to the highest level.
13. Change the pattern of the Lava Rocks each round. Eventually you can add in the 1-small spot which means “jump on one foot”: 2-feet apart, 2-feet together, 1-foot, 2-feet apart, 1-foot, etc.
14. Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout



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



15. Recap Shooting Technique and when/why it is used in Basketball

Variation:

- Jump the river – Same activity but instead of the Lava Rocks you put down a tarp (river). Start with the tarp folded up so it is easy to jump over. Each round, open the tarp up to make the river larger and larger.