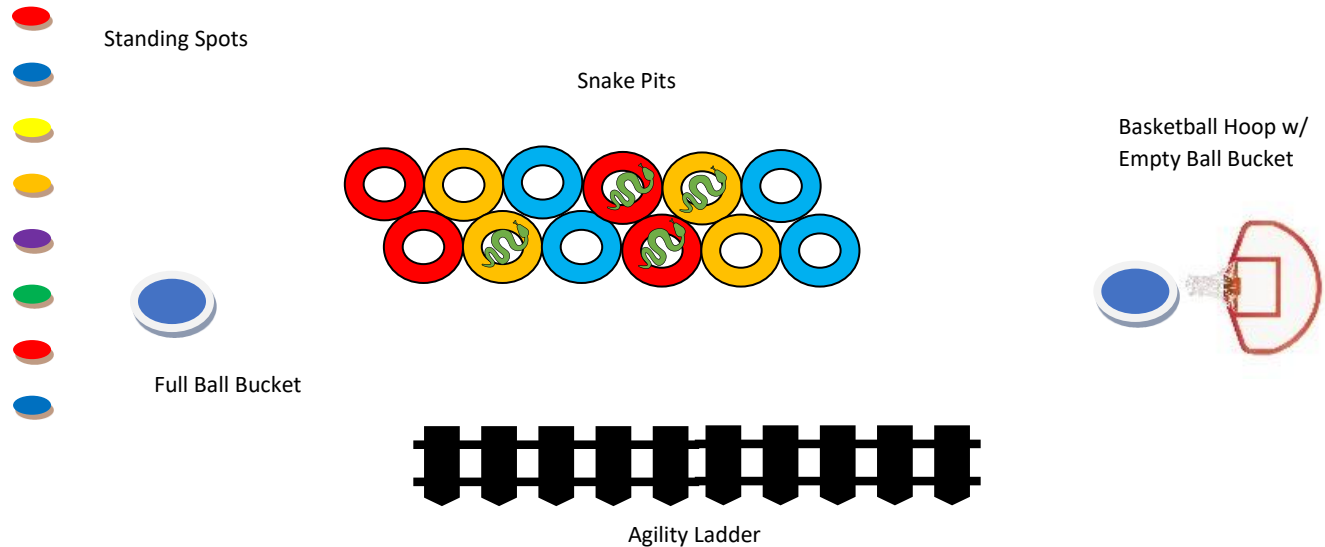


Feed the T-Rex w/ Snake Pit Challenge

Purpose: Shooting

Equipment: Basketballs, Basketball Hoop, Spots, SuperNet, 2 Ball Buckets, Agility Hoops, Large Green Spots

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. Put down Agility Hoops between the Standing spots and Basketball Hoop. Put an agility ladder off the to side.



Execution:

1. Teach players proper Shooting Technique “High Five to the Sky” (Breakdown, Demonstrate).
2. The only way to get to Dinosaur Island is to cross the Snake Pits (Agility Hoops). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar.
3. The kids are the dinosaur keepers and it is their responsibility to feed the T-Rex’s (Basketball Hoops) their favorite food...Basketball Eggs” which are currently in the food dish (Full Ball Bucket).
4. 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.
5. 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!
6. Coach calls up the first player who grabs a ball out of the bucket, crossed the Snake Pits, one foot in each hoop (don’t touch the colored part), goes up to the hoop and shoots the ball into the Dinosaurs mouth.
7. On the players 3rd attempt, the coach should tip the missed shot into the hoop.
8. Players take the lava bridge back to their spot.
9. Start with 12 Agility down in 2 vertical lines as shown above.
10. Once every player has gone select twice of the players to put a SNAKE (Large Green Spot) in one of the Hula Hoops
11. Now the players must cross the Snake Pits WITHOUT stepping on any of the pits that have a snake in it.
12. If they get a Snake Bite, they get -1 point. If they make the ball in the Basketball Hoop, they get 2-points



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13. Continue as time permits, adding two more snakes each round. Tell the kids to be strategic where they put down the snakes!
14. 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.
15. Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
16. When time expires, not kids can no longer cross without a SNAKE BITE, the game is over. Go over how many points you earned as a team.
17. Recap Shooting Technique and when/why it is used in Basketball