



BASKETBALL (AGES 6-11) ACTIVITY REFERENCE GUIDE

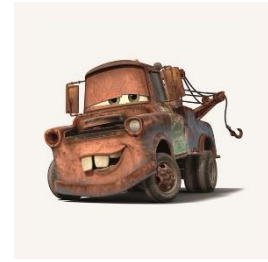


Mater's Haul

Purpose: Dribbling, Shooting

Equipment: Large Colored Spots/Tape, 3 Basketballs

Set Up: Put down a colored X/spot on the four corners of a Half-Court.



Execution:

- Break players into 2 Teams.
- One team will start as the Lightning McQueen's:
 - Assign each player to an X: Blue, Yellow, Red or Green
 - The person on Blue Starts the Ball
- One team will start as the Mater's:
 - Have two players start at the Free Throw Line with a Basketball.
 - The other two players are waiting off the court for their turn
- Narrate Storyline: The Mater's are going to see how many cars they can Haul (Basketballs they can make in the hoop), before the Lightning McQueen's can race around the Track (Dribble Relay Race the Ball around half a court)
- LIGHTENING MCQUEEN's
 - On the Coaches Whistle, the person on the Blue X dribbles the ball to the yellow X and hand it off to the person on Yellow. Yellow dribbles/hands it off the person on Red, Red to Green, Green Dribbles back to Blue.
 - When player gets back to the Blue X, the coach blows his whistle and the time stops
- MATER's
 - On the Coaches Whistle the two Mater's with the ball see how many Basketball they can score
 - The Mater's who are not on the court count OUTLOUD the points
 - When the Coach blows his/her whistle again, the time stops and there is no more shooting.
- After each round, the two Mater's who are off the court grab the ball and are now the shooters. The Mater's who just shot are now the score keepers
- Go through 4-times, so each Lightning McQueen gets to start from all 4-X's, and each Mater gets to shoot twice
- Review the Mater's Score and then switch what team is Mater and what team is Lightning McQueen
- Continue as time permits



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- The team with the most points at the end of the game wins.

Variations:

Tot Edition – Put small colored spots around the perimeter of the court, The Lightning McQueens must Bounce and Catch the ball on all the spots.

Comments:

For older kids, set parameters on where the Mater's can shoot from each round (i.e. Free Throw Line, Out of the Key, 3-Pointers, etc). You can use court markers or put down spots for them to shoot from.