



# BASKETBALL CAMP (AGES 5-8)

## ACTIVITY REFERENCE GUIDE

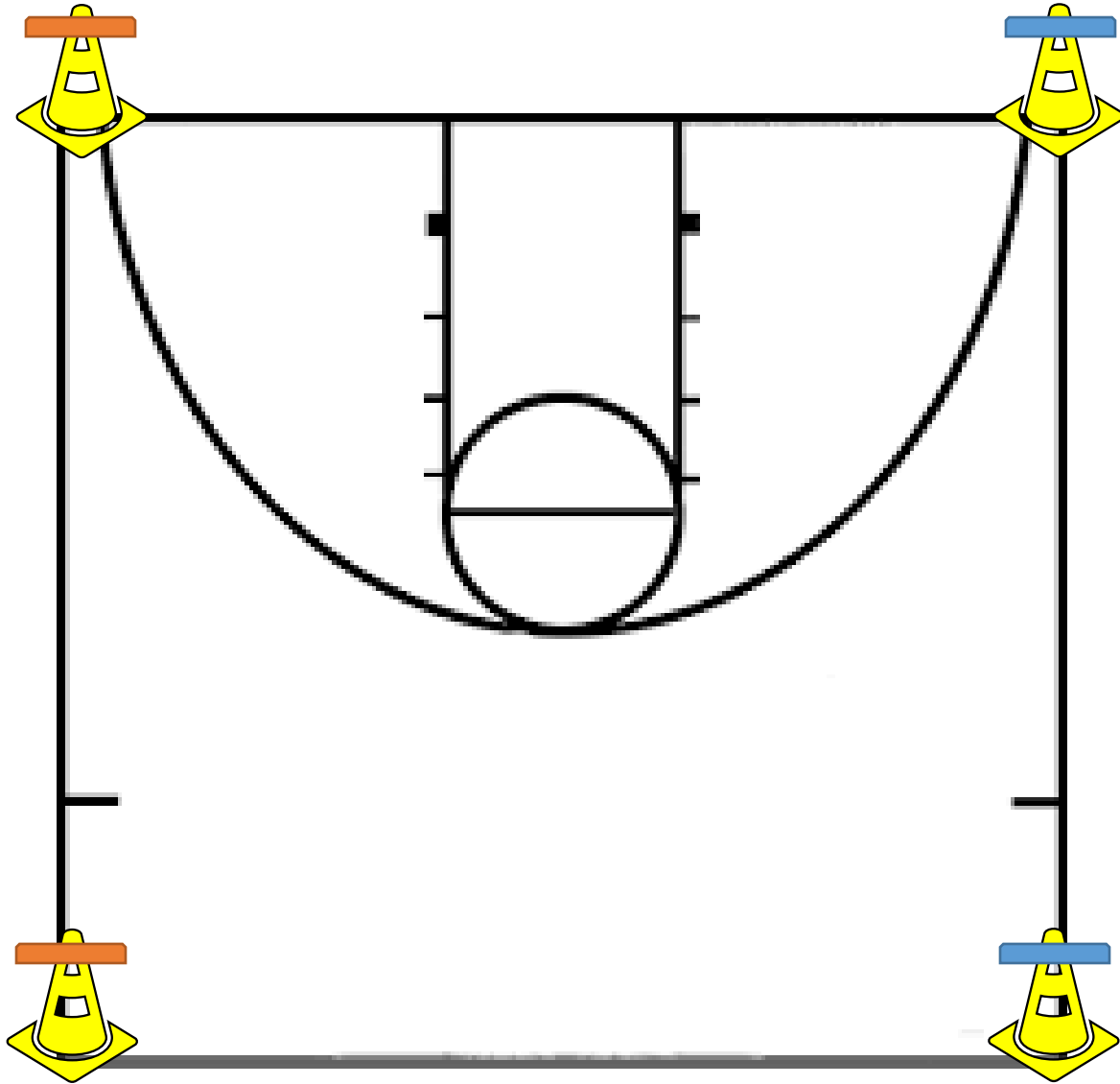


### Monster Trucks

Purpose: Dribbling, Jump Stops, Pivots, Ball Handling Moves

Equipment: Basketballs, Cones

Set Up: Set-up on half a Basketball Court, with Cones/Disks marking a Blue Side and Orange Side of the court.



#### Execution:

- When Coach says “Start Your Engines” – all players pass the ball back and forth between their fingers and make VRRRRMMMM sounds.
- Coach holds up the Red Spot and Shouts “Red Light”! All the players do a Jump Stop and hold the Ball in a Triple Threat.
  - Green Light – Dribbling while walking
  - Yellow Light – Dribbling in place
  - Purple Light – Pivot, Pivot
- When Coach Shouts BLUE LIGHT (and holds up the Blue Spot), all players speed dribble to the Blue Sideline.
- The first player to make it to the sideline gets a point for their team.



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- When Coach Shouts ORANGE LIGHT (and holds up the Orange Spot), all players speed dribble to the Orange Sideline.
- The first player to make it to the sideline gets a point for their team.
- After a few rounds, stop shouting out the colors and only hold up the Color Spots so players have to keep their head-up
  - Cross Over
  - Through the Legs
  - Around the Back
  - 1-Clap
  - 2-Claps
  - Figure 8
  - Waist Circles
  - Through the leg switches
  - Etc.

### Variations: Dodgeball

- Coach stands on the sideline with Dodgeballs. When they call Blue or Orange, they players now have to dribble to the correct garage without getting hit by the ball. No elimination, they just have to take a knee for that round and cannot with the team point for being first back.