



Basketball Camp (Ages 6-12)

Activity Reference Guide

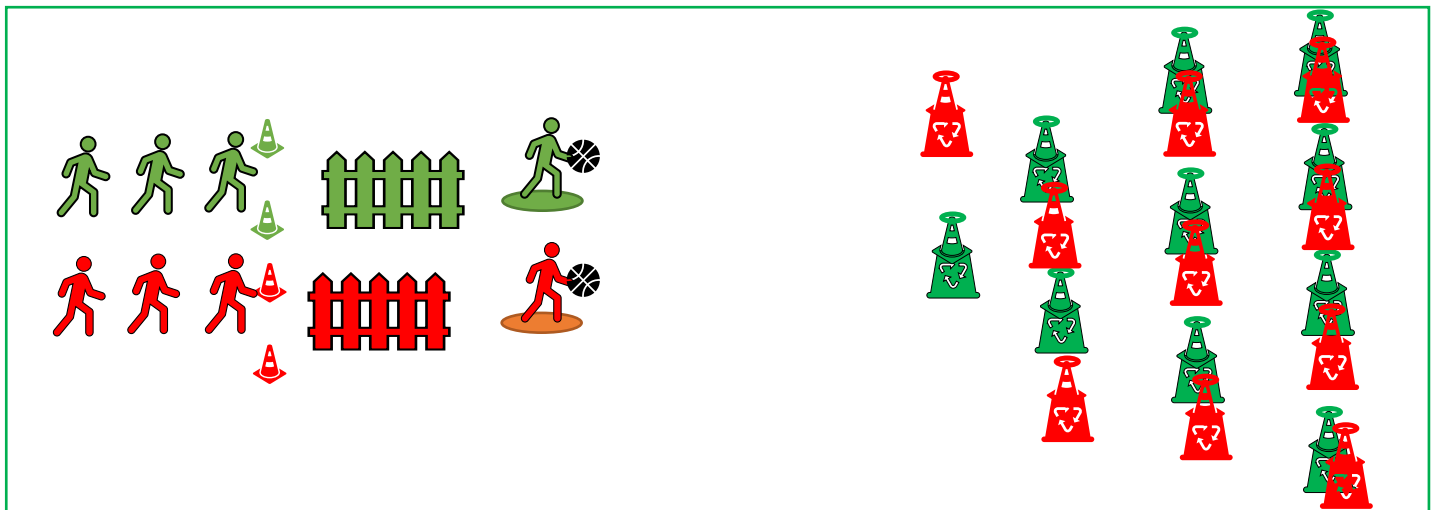


Pirate Ships Fortress Edition

Purpose: Passing

Equipment: Buckets, Cones, Disks, Spots, Basketballs, Agility Ladders

Set Up: As shown below: Set-up two team lines with a passing spot (cannon) for each team. At an age-appropriate distance, mix together both Green Pirate Ships and Red Pirate Ships in the play area. Put down a Plank (agility Ladder), between the team line and cannon.



Execution:

- Teach the kids the Agility Ladder Exercise for the first round. Have them go practice the Agility Ladder workout a few times until all players are comfortable with the movement,
- Review proper passing form and its purpose in Basketball
- Narrate Storyline – There is a Pirate Battle going on at sea! The players are currently watching the Pirate Battle from their Pirate Fort, and are going to help their Pirate Fleet by firing Cannon Balls (Basketballs) at the enemy pirates. Each team is going to try to sink the other team's Pirate Fleet by Passing the Ball into the Pirate ship and knocking down the sail (i.e. cone). Be careful not to sink your own ship (Accuracy & Precision). In order to get to the cannon, you must first WALK THE PLANK (agility Ladder).
- Give the first player on each team a Basketball
- When coach blows his/her whistle, both players WALK THE PLANK! If they do it incorrectly, or fall off the plank (mess up the ladder) they have to start over.
- Once they pass the plank, they stand on the spot (CANNON), and pass the ball.
- Players only get 1-pass. They chase down their ball, sprint back to their team line, do the agility ladder again, and do a bounce pass to the next person in line.
 - If a player cheats and knocks down a pirate ship while retrieving their ball:
 - 1st offense: Coach stands up the pirate ship + 1 more
 - 2nd offense: Player sits out the rest of the round.
- Once the next player in line has the ball, they can WALK THE PLANK and fire the cannon.
- Careful not to hit another player while they are retrieving their ball. If hit another player, the player who got hit gets to choose 1 pirate ship to knock-down. If a player tries to get hit by a ball, they are out for the rest of the round.
- First team to destroy the other team's fleet wins that round
- Reset and continue as time permits.
- Teach the players a new Agility Ladder exercise each round.
- Review passing form, technique, and in game use.