



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



Quidditch Relay

Purpose: Shooting, Teamwork

Equipment: Colored Spots, 2-basketballs, 2-Hula Hoops.

Set Up: Set-up two horizontal lines of colored spots for the kids to stand on. On the other side of the court, have the coach stand with 2-hula hoops.

Execution:

1. Coach 2 holds the hula hoops while Coach 1 coordinates the relay hand-offs.
2. Coach 2 starts by holding 2 hula hoops (one on either side of his/her body) close to the ground, Make sure the hoops are two different colors and assign a team to each color hoop.
3. Coach 1 give one ball to the first player in each team.
4. On the coaches whistle, both players run down to Coach 2 and throw the ball through their teams hoop.
5. Once they make the ball through the hoop, they grab their ball and run back to their team line. They then hand the ball off gently to the next person in line and sit down on their spot.
6. The next player then does the same thing down and back
7. First team to have everyone through the ball through the hoop (relay style) and sit down on their spot wins that round.
8. Have Coach 2 raise the hoops to waist level and continue
9. Then shoulder level
10. Then over the head (adjust hoops based on individual players ability as needed)