



# Basketball Camp (Teamwork & Technique)

## Activity Reference Guide



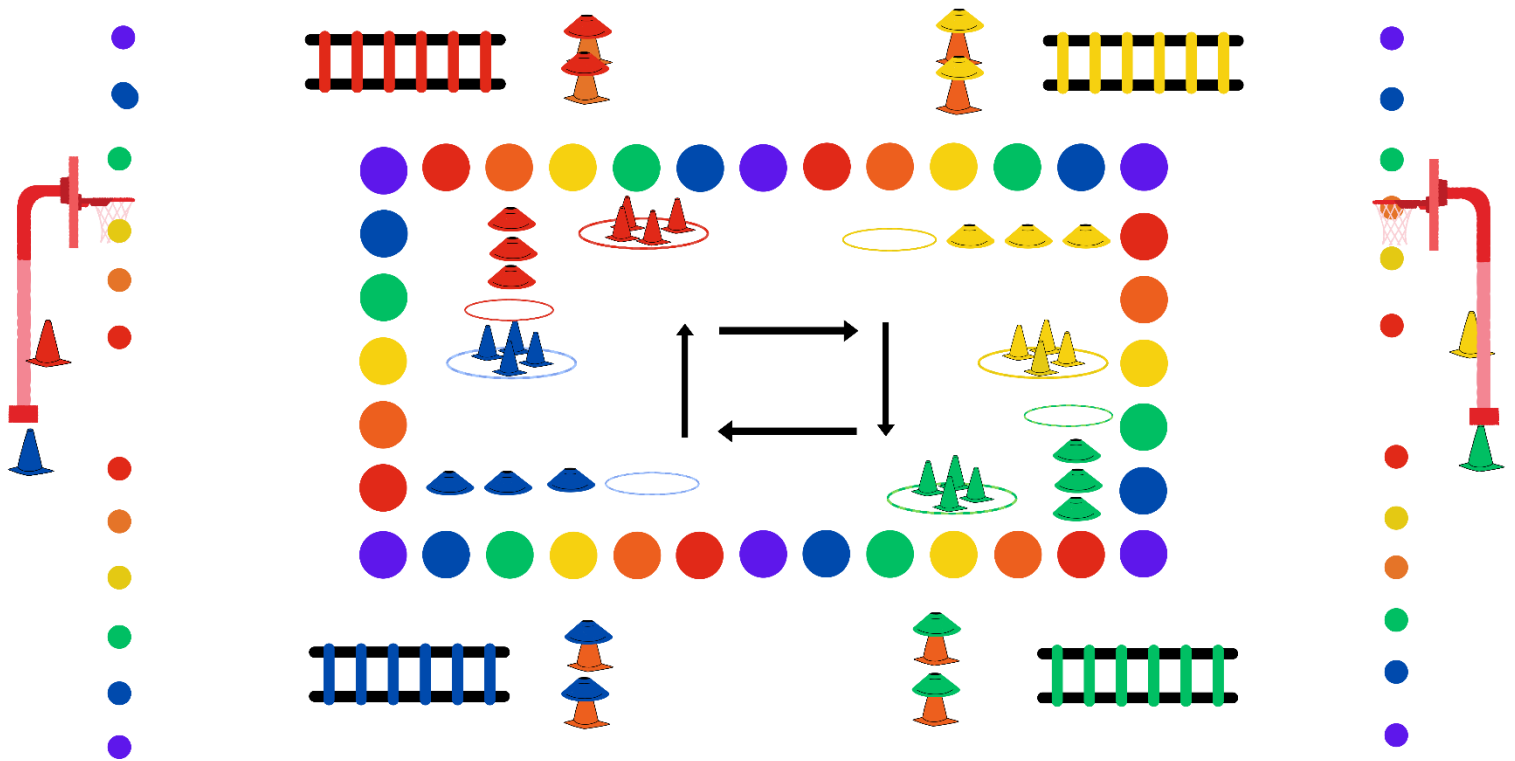
### Sorry

Purpose: Dribbling, Passing, Shooting

Equipment: 9" Colored Spots, 5" Colored Spots, Cones, Agility Ladders, Disc Cones

Set Up:

- Gameboard – Use 6 of each colored spot to create the game board. Depending on the size of your facility you can make it rectangle or square. Use Hula Hoops and colored discs to create the start and end spots of the Sorry Board:
- Shooting Spots – Use small colored spots to create the 3 shooting spot options for the game (Red = 1, Orange = 2, Yellow = 3, Green = 4, Blue = 5, Purple = Sorry)
- Team Lines & Passing Lines: Use neutral colored cones with a team colored discs to show where the shooting lines start. They should be near the sideline around half-court. Use a team colored cone to show where the passing line starts. This should be on the baseline bear the hoop. Similar to where they would inbound the ball on a baseline play.
- Optional – Put down agility ladders between the Team lines & shooting spots.



Execution:

- Introduce/reinforce your shooting footwork (1-2 step vs, hop step), with an emphasis on the corner shot.
- Demonstrate and breakdown proper form.
- Practice:
  - Go over the gameboard and rules, rotations, skills, strategy, and scoring for the game.
  - Have the players practice doing the corner catch & shoot from each spot.
- NARRATE STORYLINE: We are playing SORRY. The first team to get all 4 cones in their home base wins the game. But instead of drawing cards, you will need to make a basketball shot from one of the 6 small spots on the court to move your cone around the board.
  - Shooting Spots: (Red = 1, Orange = 2, Yellow = 3, Green = 4, Blue = 5, Purple = Sorry).
    - If a player makes it form the SORRY Spot, they get to replace any cone on the board with one of their team cones. The cone they replace would go back in the teams starting hoop.



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- Slide Spots: The Purple Spots on the gameboard are slide spots. If you land on a purple spot, you can slide your cone forward to the next purple game spot. All the cones that you pass during your slide will get returned to their teams starting hoop. This includes your own teams cones though so be careful! Slide spots can also make a team miss the entrance to their home base cones which means they have to go all the way around the board again.
- Home base: In order to get their cone into the HOME HOOP, they must hit the exact number of spots remaining between where their cone stands and the home base. Once their cone gets to the final 3 spaces (disc cones), they will turn their cone upside down and place it in the disc until they get the number needed to reach the HOME HOOP. Cones cannot be replaced or wiped out once on a disc cone.
- Assign 2 players on each team to the passing cone next to the hoop. Give each one a basketball. The rest stand behind the team starting gate indicated but the disc on a cone.
- On the coaches whistle, the first shooter in each team line runs to one of the shooting spots and shouts the color to the inbounder. The inbounder give them a chest pass which the shooter catches & shoots using the correct footwork (1-2 step or hop step).
- IF THE SHOOTER MAKES THE SHOT – they get their rebound, dribble down to the board and move their cone according to the shot they made around the board. For older players, they must keep their dribble the entire time. They then get in the back of the passer line with the ball.
- IF THE SHOOTER MISSES THE SHOT – they get their rebound and get in the back of the passer line with the ball.
- ROTATION:
  - The shooter keeps the ball and gets in the back on the passer line.
  - The passer gets in the back of the shooter line w/o a ball. Make sure they now to go around the game on the sideline so they don't get in the way.
- The shooter can go as soon as the inbounder calls their name. The next inbounder in line can call the next shooters name as soon as the previous shooter has shot the ball.
  - Once the players get the hang of the rotation, you can add in a 3<sup>rd</sup> inbounder/ball per team.
- Continue as time permit or until 1-team gets all 4-cones in the HOME HOOP.
- Coaches reinforce skills, storyline, score, and strategy throughout the game.
- Have all players demonstrate RESPECTING THE ROOTS at the end of the game.
- Recap shooting footwork and its important in the game:

### Variation:

- Agility Ladders – If you have enough agility ladders, put them down between the team gate and the shooting spots so the players have to practice performing an agility ladder move rather than just run to the shooting spot.