

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

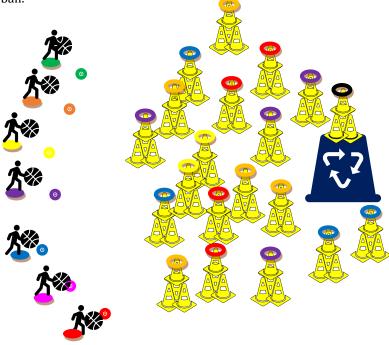


StarWars Passing:

Purpose: Passing

Equipment: Cones, Basketballs, Colored Spots, Hula Hoops, Colored Disks, Large ball bucket

<u>Set-up</u>: Create the imperial fleet! In the back/middle create the Death-Star (5 Cone Tower on top of upside down Large Ball Bucket. Put 2 black colored disks on top). Surrounding the Death-Star build smaller Star-Destroyers (5 cone towers). Lay a hula-hoop around each Star-Destroyer and put a colored disk on top. At an age appropriate distance from the imperial fleet, put a "FIRING STATION" for each child. Firing stations should make a slight semi-circle around the fleet so all kids are the same distance to the cones. Each firing station consist of a large spot and a small spot (of the same color). They stand on the large spot with the ball, and step forward to the small spot to pass the ball.



Execution:

- Have all the players stand on their colored spot.
- Review proper throwing form/technique (introduce, breakdown, demonstrate).
- Narrate the StarWars Storyline:
- Tell the players that they are the Jedi and they need to destroy the imperial fleet before they reach our rebel base.
- Coach calls up 4 players (or half the group size depending on the number of kids), and assigns each kid to a color "firing station".
- The players called get into position and hold the ball on their large spot facing the StarShip they are aiming for and wait for the coach to yell Fire!
- Coach yells "READY, AIM, FIRE!"
- On "FIRE!" the kids step forward to the small spot and pass the ball into imperial fleet and try to knock over as many StarShips as they can. They only get 1 throw.



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- Make or miss, the players who just passed go back to their standing spot and the coach calls up the next group of players(s).
- Continue until the entire imperial fleet has been destroyed, or time elapses
- If there is time to play another round, scoot back the Hula Hoops and play again