



# Basketball Teamwork & Technique

## Activity Reference Guide

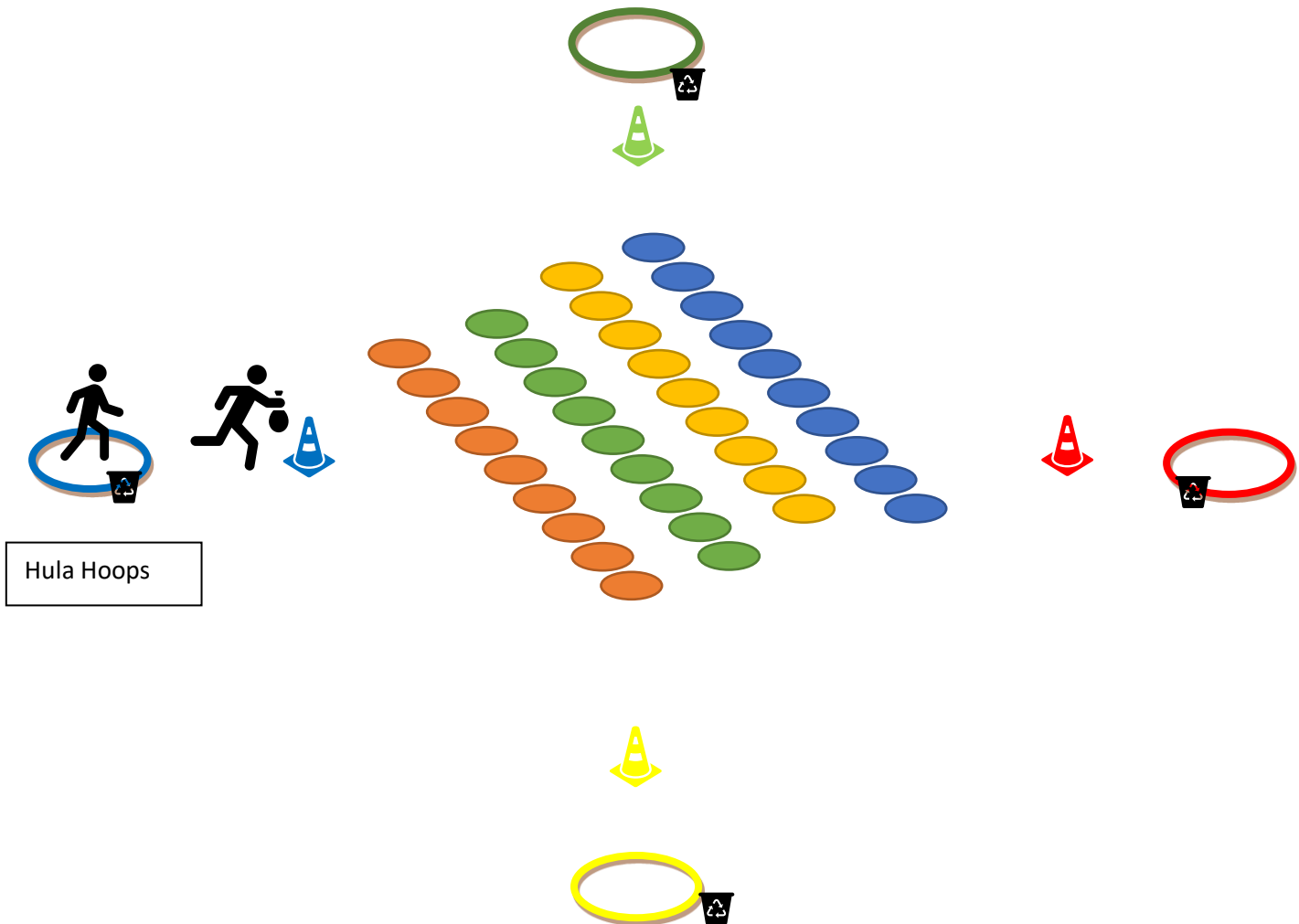


### Treasure Island – Chapter 1: The Treasure Hunt

Purpose: Dribbling

Equipment: hula hoops, Buckets, Large Colored Spots, Basketballs

Set Up: Put down as many Small Colored Spots (Pirate Coins) as you can spare in the middle of the court. On the perimeter, put 4-6 Team Hula Hoops, with a Bucket next to each hoop. Put a cone down between each pair's hula hoop and the pirate coins. Break players into pairs and assign each pairing to a Hula Hoop.



Execution:

1. Chapter 1: Collect the Pirate Coins
  - a. Give 1 Basketball per pairing.
  - b. Start by assigning and reviewing a Specialty Dribble (Bounce & Catch, Crossover, Around the Back, Through the Legs, etc.). For this example we will start with the CROSSOVER DRIBBLE
  - c. When coach yells, “GO”, the players with the ball dribble from their hoop to the Pirate Coins.
  - d. When they get to their cone, they do a CROSSOVER DRIBBLE. If they do it correctly (without losing the ball or committing a violation), they get to go grab 1-Pirate Coin. If not, they try again.
  - e. Once they collect their Pirate Coin, they dribble back to their Hula Hoop, drop the Spot in the Bucket, and hand the ball to their partner
  - f. The Partner then does the same thing



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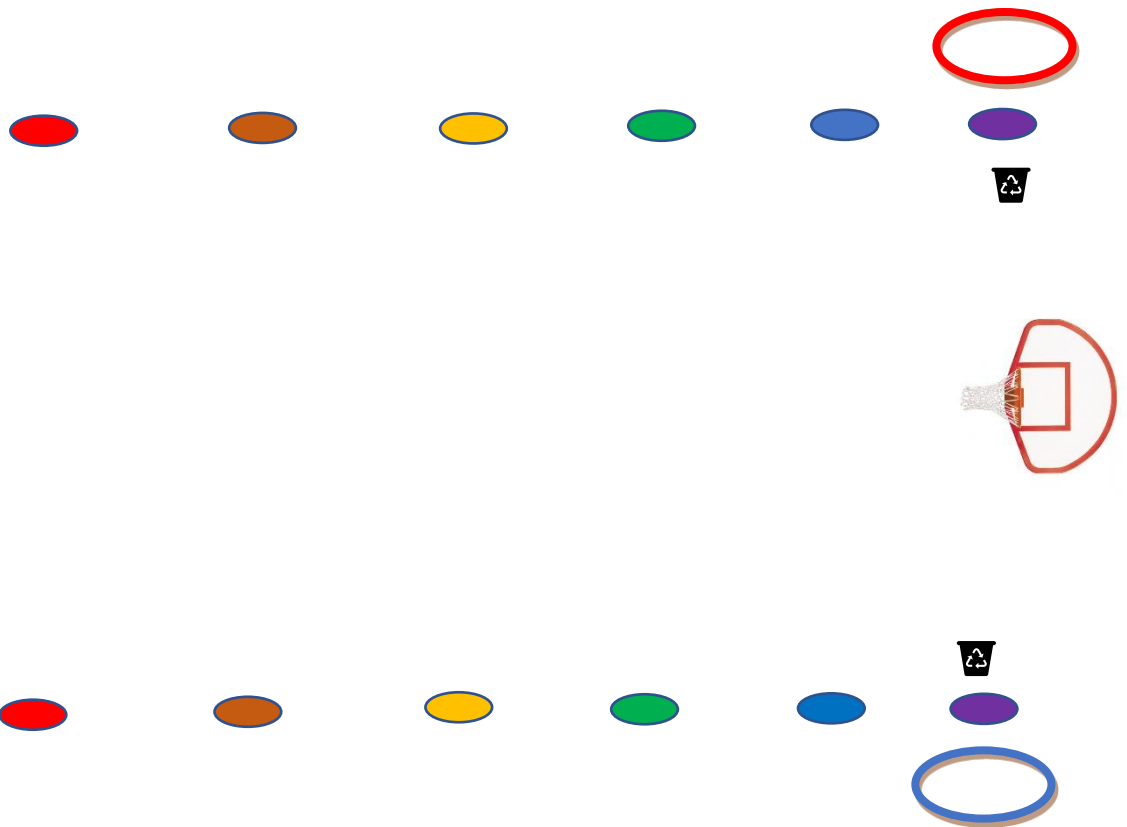
- g. Continue until time expires OR all the coins have been collected.
- h. Change the Specialty Dribble every 2-minutes.
- i. Count-Up Total # of coins and make note of the total for Chapter 2.

### Treasure Island – Chapter 2: Load the Pirate Ship

Purpose: Passing & Shooting

Equipment: hula hoops, Buckets, Large Colored Spots, Basketballs

Set Up: Put down 1 large colored spot per player on both sidelines. Put down 1 Hula Hoop outside the purple spot on each team line. On the other side of other purple spot put a small bucket or agility hoop to hold the pirate coins that they collected in chapter 1



### Execution:

1. Chapter 2: Load the Pirate Ship
  - a. The team with the most coins gets to choose their side of the court.
  - b. Give 1 basketball per team. The player with the ball stands on the purple spot next to the hoop/bucket filled with the Pirate Coins they collected from Chapter 1. All remaining players stand on a 9" spot down the sideline. Make sure there are enough spots for each player.
  - c. Coach sets the timer for 5-minutes.
  - d. On the coaches whistle the battle begins. The first person on each team grabs a pirate coin out of the bucket/hoop, and drops it off in their teams hula hoop. They then perform a chest pass to the next person in line. Purple passes to blue. Blue to green to yellow, yellow to red.
    - i. If the ball hits the ground for any reason, the ball goes back to the first person in line (on the purple spot), who has to put another coin in the hula hoop before passing back down the line.
  - e. If the ball makes it to the Red Spot, they dribble down to the basketball hoop and perform a jump shot or lay-up on the basket.

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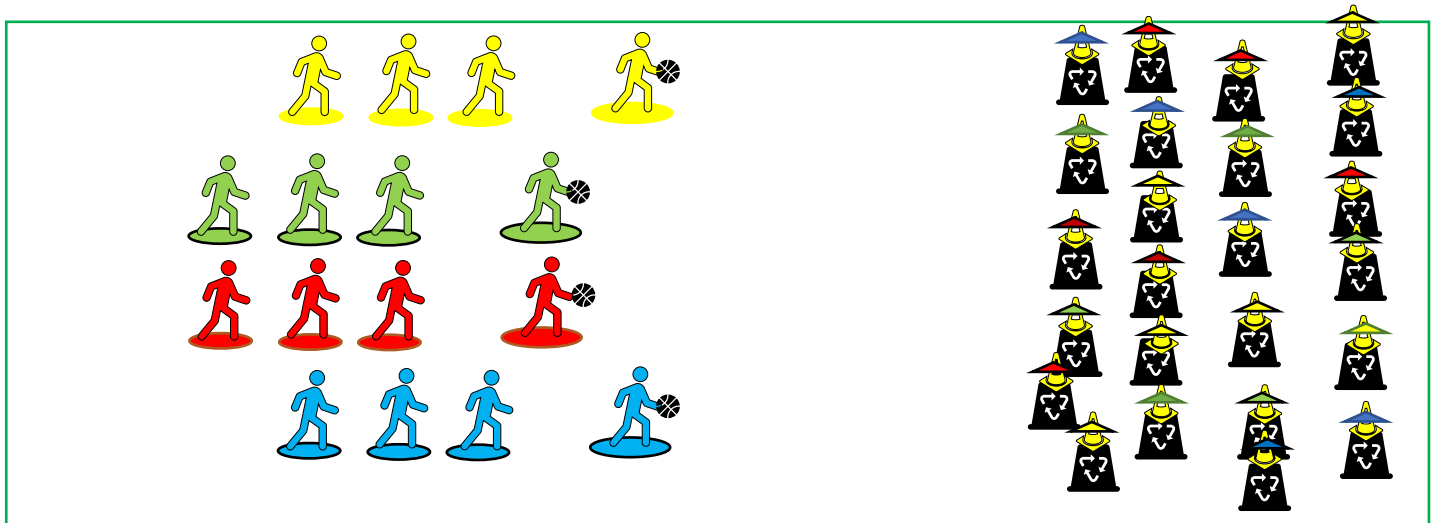
- f. IF THEY MAKE IT: everyone on their team count the points out loud in consecutive order so the coach can hear their total points:..."1, 2, 3, 4".
- g. IF THEY MISS IT: The team doesn't count the point.
- h. MAKE OR MISS: The player who shoots the ball gets their own rebound and dribbles to the purple spot. All players must rotate down 1spot to make room on purple:
  - i. Purple to Blue, Blue to Green, Green to Yellow, etc.
- i. Once the player gets to Purple they grab a spot out of the bucket/agility hoop, while dribbling, drop it in the Hula Hoop, while dribbling, then perform a chest pass to the teammate on Blue!
  - i. If the player loses the ball or performs a travel/double dribble while moving the pirate coin from the bucket/agility hoop to the hula hoop, it costs them 1-pirate coin.
- j. Continue for 5-minutes then have the teams switch sides.
  - i. Continue until time expires or both teams are out of coins.
- k. *Lightning Rounds - Optional*
  - i. With the time remaining, play quick 2-minute games of the pirate battle. Same rules but this time there are no coins. Teams see how many points they can score before the clock runs out. If the ball hits the ground going down the sideline for any reason, the ball must start back on the purple spot.
  - ii. Switch sides of the court every lightning round.
  - iii. Combine the score from all rounds as it will be used for Chapter 3.

### Treasure Island – Chapter 3: The Pirate Battle

Purpose: Chest Passes

Equipment: Buckets, Cones, Disks, Spots, Basketballs

Set Up: As shown below: Set-up 2-4 team lines with a throwing spot for each team. At an age-appropriate distance, create as many pirate ships as you can using cones, buckets, etc. Put a team colored disc on top of each cone (if the cones aren't already colored).



Execution:

- Narrate Storyline – It is time for the pirate battle! Break the kids back into their chapter 1 pairs/groups. In this example Blue & Green would still be on a team and yellow and red would still be on a team. The first team to sink the other teams fleet wins the game.
- This game is played by rounds. It is not a timed race. You play 1-round for however many cannons the team was able to load onto the pirate ship.



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- The coach needs to be strategic here and change the “round” rules based on how many baskets each team made in Round 2, and how much time you have. See below for options:
  1. Split the number of cannons balls earned in Round 2 between each pair/group.
    - Example: If Blue & Green made 20-baskets in chapter 2, they each get 10-cannon balls to fire.
  2. Split the number of cannons balls earned in Round 2 between each pair/group.
    - Example: If Blue & Green made 20 baskets in chapter 2, they each get 20-cannon balls to fire.
      - You can also have each round use up 1 or 2 cannon balls.
- Give the first player in each line a Basketball. On coaches whistle, all players do a Chest Pass and try to sink one of the other teams pirate ships. To sink a ship they only need to knock down the top cone.
- The player who just passes the ball retrieves their ball, hands it to the next player in their Team Line, and get in the back of the line.
- Players are not allowed to knock-down pirate ships while retrieving their ball. If a child intentionally knocks down a bucket while getting their ball, they have to set out the next round. This really slows the game down and cannot be allowed
- The game continues until:
  - 1 team’s pirate ship fleet has been completely destroyed
  - Both teams are out of cannon balls. In which case the team with the most pirate ships remaining wins.
- Add the total score from Chapter 1, 2 & 3. Add the total points to the team points. Have players demonstrate respecting the ROOTS of the game and tell each other GOOD GAME!