



Basketball Curriculum Activity Reference Guide



Centipede Relay

Purpose: Passing & Shooting

Equipment: Buckets, Large Colored Spots, Basketballs

Set Up: Put down 1 large colored spot per player on both sidelines.



Execution:

- Give 1 basketball per team. The player with the ball stands on the purple spot. All remaining players stand on a 9" spot down the sideline. Make sure there are enough spots for each player.
- Coach sets the timer for 5-minutes.
- On the coaches whistle the race begins. The first person on each team starts by performing the required pass (bounce, chest, wrap-around, step through, etc.) 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 (except an intentional bounce pass), the ball goes back to the first person in line (on the purple spot).
- 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.
- IF THEY MAKE IT: everyone on their team counts the points out loud in consecutive order so the coach can hear their total points:..."1, 2, 3, 4".
- IF THEY MISS IT: The team doesn't count the point.
- MAKE OR MISS: The player who shot the ball gets their own rebound and dribbles to the purple spot. All players must rotate down 1 spot to make room on purple:
 - i. Purple to Blue, Blue to Green, Green to Yellow, etc.
- Once the player reaches Purple, they perform the correct pass to the teammate on Blue.
- I. Continue for 5 minutes, then have the teams switch sides.
- Add up the total number of basketball that each team from both sides. That team wins round 1.
- Introduce a new pass and/or shot type and continue as time permits.
- 1. Have all players demonstrate the Life Skill(s) of the day.
- Recap the covered passes and their purpose on the game.