



Basketball Curriculum Activity Reference Guide



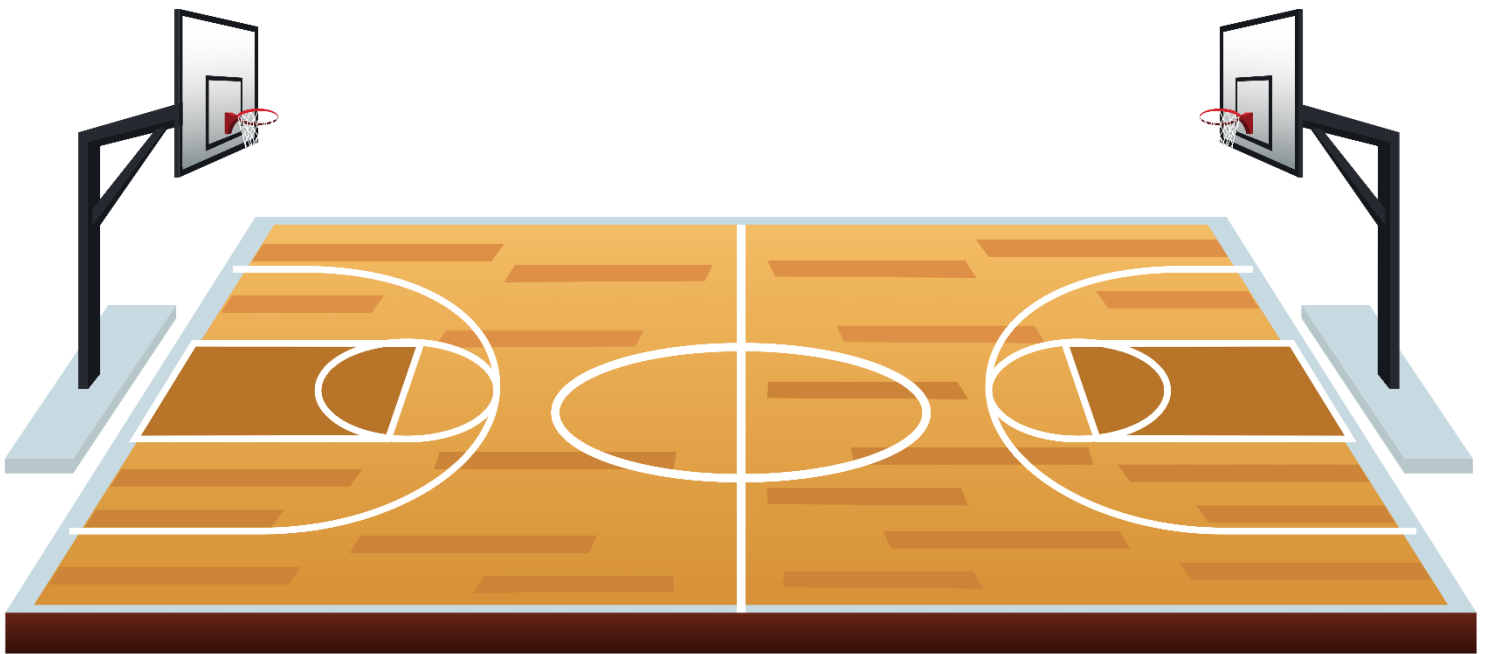
Jurassic Park Basketball

Purpose: Passing & Dribbling

Equipment: 1 basketball for every 2-players, + 1 Dodgeball

Set Up:

- Basketball Court. You can use cones/spots to create a boundary if there aren't already lines on the court. This game can be played on a full, half or quarter court.



Execution:

- Coach splits players into two teams. 1 team starts at the DINOSAURS. The other team are the TOURISTS. Each round should last 3-5 minutes.
- DINOSAURS:
 - The coach assigns each Dinosaur player a Dinosaur name and corresponding action. When that player has the Dino-Ball, all Tourists must perform that action. These can be basketball-related Dinosaur names or Silly Names (See below)
 - Basketball Dinosaur Names:
 - CrossOver-A-Saurus: All tourists must perform a CrossOver Dribble.
 - Jump-Stop-A-Saurus: All tourists must perform a Jump Stop & Pivot.
 - Double-Cross-A-Saurus: All tourists must perform a Double Cross.
 - Mummy-Wrap-A-Saurus: All tourists must perform a Mummy Wrap
 - Etc – get creative with the various Basketball Ball Control Exercises & Dribble Moves
 - Silly Basketball Names:
 - Dance-A-Saurus: All tourists must perform a Dance move
 - Zombie-A-Saurus: All tourists must walk like a zombie
 - Sing-A-Saurus: All tourists must sing a song.



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- Sleep-A-Saurus: All tourists must pretend like they are singing
- Freeze-A-Saurus: All tourists must freeze.
- Get creative with other Silly Actions players can perform
- When the coach yells “WELCOME TO JURASSIC PARK”, the Dinosaurs start passing the Dino-Ball to one another, while the Tourists perform the corresponding action for each Dinosaur.
- Every time the Dinosaurs trick the Tourists, the Dinosaur team gets 1 point.
- When the coach yells “RUNNING RAPTOR” – the game turns into “RAPTOR TAG for 1-minute”
- RAPTOR TAG: The Dinosaurs have 1-minute to tag as many Tourists as they can.
 - Rules for Tourists: They must stay within the designated play area and must dribble the entire ball to the entire team. If they step out of bounds, lose their dribble, or perform a violation (travel or double dribble), the Dinosaur team gets 1 point. If they get tagged by a Dinosaur holding the Dino-Ball, The Dinosaur team gets 1 point. Tourists are not eliminated when tagged (unless you are playing the elimination variation – see below).
 - Rules for the Dinosaurs: The Dinosaurs want to tag as many Toursits as they can during the 1-minute Raptor Tag. To do so, they must pass the ball to one another and attempt to tag the Tourist by touching them with the Dino-Ball. **THEY CANNOT THROW A BALL** at a TOURISTS (Unless you are playing Dodgeball Variation – see below). They must be holding the ball and tag them below the shoulders to get the point.
- At the end of the 1-minute, coach yells “WELCOME TO JURRASSIC PARK” and the game returns to the player Dino-Saur name.
- After 3-5 minutes, the coach blows his/her whistle and announces the total points for the DinoSaur.
- The coach then switches which team is the Dinosaurs and which team is the tourists, and assigns new Dinosaur names/actions.
- Continue as time permits. Implement variations below as needed.
- Coaches reinforce skills, storyline, score, and strategy throughout the game.
- Have all players demonstrate RESPECTING THE ROOTS at the end of the game.
- Recap the ball control & dribbling moves introduced and their use in the game.

Variations:

- Elimination – If a tourist gets out (tricked during Jurassic Park or tagged during Raptor Tag), they are out and must stand on the sidelines. If the Dinosaurs drop the Dino-Ball at any time, they are back in the game. The Dinosaurs get a point for every tourist who is out when the time expires.
- Dodgeball – Dinosaurs can peg tourists with the dodgeball by throwing it at them. It only counts if they hit the tourist below the shoulders. Head shots are minus 1-point.
- Ultimate - (For advanced groups) – Dinosaurs cannot move when they are holding the Dino-Ball. They must get into position without the ball, then tag the tourist without moving once they catch the ball.