

# Basketball

## SPOTLIGHT

The spotlight for the Basketball Activity is for children to engage in fun and active Basketball games while incorporating in-depth elements of the game of Basketball.

## KEY FOCUSES:

1. Have **FUN** while incorporating elements of the game of Basketball (dribbling, passing, shooting, etc.)
2. Lead engaging Basketball games that allow for positivity and healthy competition between children
3. Create a high-energy and exciting atmosphere in which children can engage in Camp Culture through sport

## ACTIVITY #1: Sharks and Minnows

### Set-Up:

- Pick two children to be 'sharks' starting at the half court line
- The rest of the children (the 'minnows') will be spread out on the baseline
- Each child will have their own basketball

### Instructions:

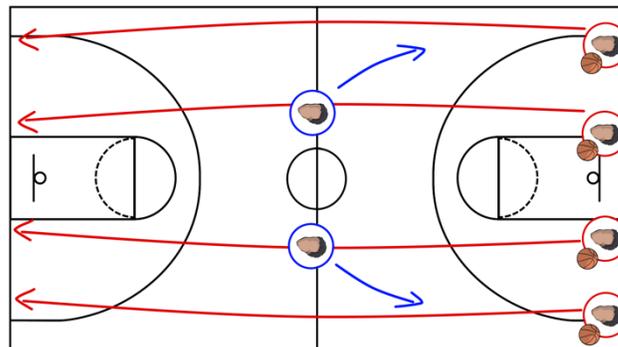
1. On 'go' the minnows will all attempt to dribble from one end of the court to the other while the sharks try to knock their balls away.
2. If a child has their ball knocked away by a shark, they join the shark team.
3. The children will reset and then attempt to go end to end once again, continuing until all children have become sharks.

### Helpful Tips:

- Remind the minnows to keep their heads up
- Focus on dribbling while also keeping an eye out for the 'sharks'

### Game Variation:

- *Make it harder:* To give a bigger challenge to the 'sharks', have them chase the minnows around the court while also dribbling.
- *Make it easier:* If the sharks are having a hard time, you can add an extra shark to start the game. If the minnows are struggling, cutting the distance they need to travel down to half court line can help.



# Basketball

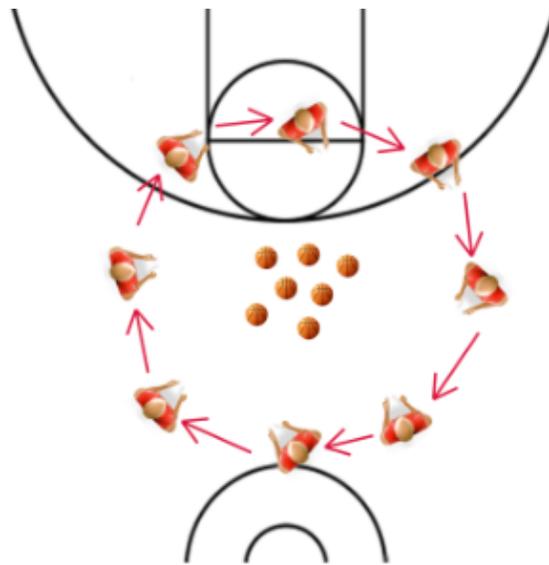
## ACTIVITY #2: Musical Basketballs

### Set-Up:

- Group up the children in the middle of the Basketball court
- At the circle in the middle of the court, space out enough balls for each of the children to have their own basketball

### Instructions:

1. This game is played like musical chairs but rather than sitting in a chair, children will be grabbing a basketball
2. The Activity Leader will begin playing music on the speaker. When the music begins, the children will run in a circle around the basketballs.
3. When the music stops, children must run back to their basketball, pick it up, run to the basketball goal, and make a shot.
4. If a child makes their shot, they grab their ball and sit on the baseline to show that they advance to the next round.
5. The last child to make their shot is out and does not advance to the next round.
6. Continue playing/stopping music and having children attempt shots until there is only one child left. The last child left is the winner!



# Basketball

## ACTIVITY #3: Home Run

### Set-Up:

- Divide the children into two groups and have them form two lines
  - The 'shooting team' will start at the free throw line with two balls
  - The 'dribbling team' will start in the corner where the sideline meets the baseline – each with their own ball

### Instructions:

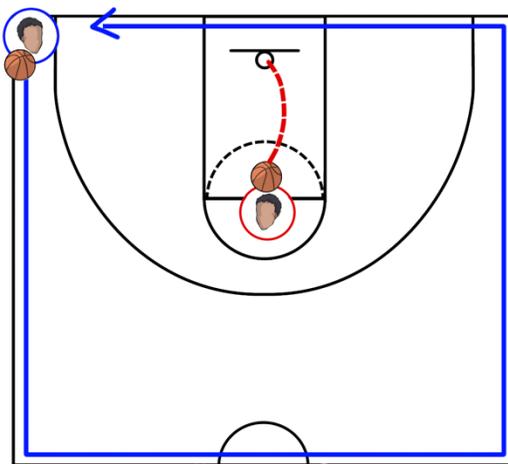
4. The dribbling team will be acting as 'baserunners', while the shooting team is trying to get them 'out' by hitting a jump shot.
5. On the Activity Leader's signal, the dribbler will dribble out to half court and down the opposite sideline, trying to get back to 'home' as fast as they can.
6. If a child scores while they're still running, they are 'out' and must sit out until the entire team is out and the teams swap roles.
7. Each shooter will take one shot and collect their rebound before heading to the back of the line.

### Helpful Tips:

- Play around with different shooting spots for the shooting team based on the childrens' skillsets – the key is to find a spot challenging enough based on their skill level that you can have a competitive game
- Make sure the 'shooting team' is calling out loudly and clearly "FREEZE" on a made shot

### Game Variation:

- *Make it harder:* Give the running team only 3 outs before they need to swap sides and go on defense. For skilled/advanced children, challenge them to dribble exclusively with their weak hand.
- *Make it easier:* Give the shooting team two balls so that they can get more shot attempts up quickly.



# Basketball

## ACTIVITY #4: Ultimate Basketball

### Set-Up:

- Divide the children into two even teams and have them start on opposite baselines
- Create an 'endzone' at each end of the court, allowing a safe distance between the endzone and the wall/fence
- One basketball will be needed for this activity
- Give each child a penny jersey to distinguish what team they are on

### Instructions:

1. Children will be split up in to two separate teams and will be competing against one another.
2. This game is played just like Ultimate Frisbee but with a basketball – this game focuses on passing and shooting!
3. Children are not allowed to dribble the ball and they must pass it down the court, with the object of the game trying to score a point by passing it down court and then making a basket.
4. Children can choose to shoot the ball anywhere on the opposing teams half of the court.
5. Dropping the ball, or dribbling results in a turnover and a change of possession.
6. When players are defending, they must give an 'arms length' of space to the offensive players.
7. The team with the most points at the end of the game wins!

### Helpful Tips:

- Do your best to spread out the skill of the children amongst the two teams to create the fairest teams.
- Emphasize the importance of passing in this game and that sometimes passing it more to create opportunities to score is better than just throwing up shots over and over.

### Game Variation:

- *Make it harder: Add a 5-second time limit for passes – defenders will be able to call out "5 stalls" when defending a player with the ball.*
- *Make it easier: Allow the children to take 2-3 steps before having to stop and pass it.*

# Basketball

## HUDDLE

### **Activity Verse: Hebrews 13:20-21**

“Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.”

### **Activity Truth: God Will Give You the Skills to Score for Him**

Did everybody enjoy the Basketball activities today? What did you learn about Basketball today?

Did anybody learn how to dribble or shoot the basketball? Why are these things important to basketball?

One skill that is very important in basketball is dribbling. Without it, you wouldn't be able to make it to the goal. We know that the whole goal of Basketball is to score points by making baskets. Without dribbling, you can't make it to the Basketball goal to score for your team.

In life, God gives us skills in order to score for Him. What are some skills God gives us? What skills do you think he's given you to use to glorify and honor him? What are some skills you see in your friends that they can use for God?