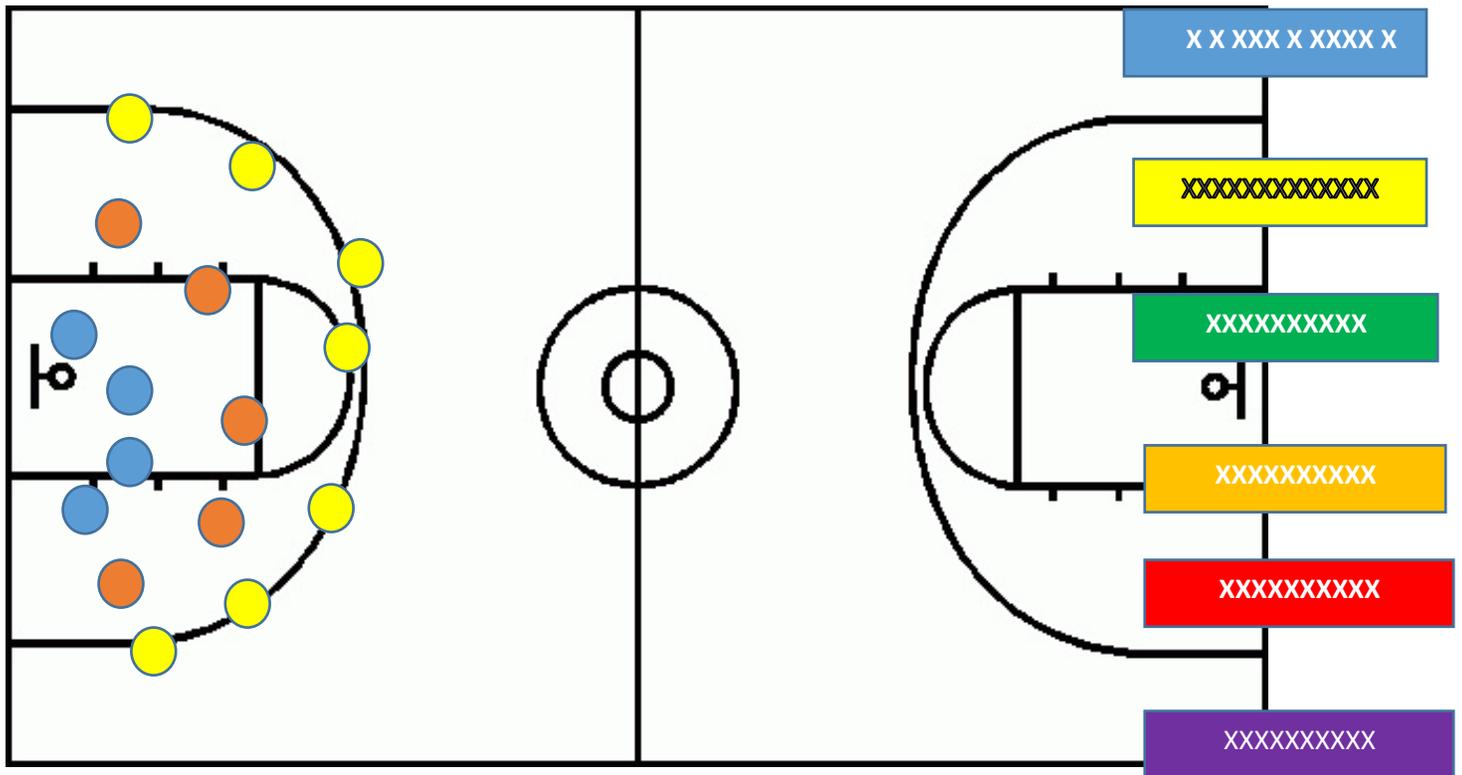


Hoops for Hope Camp

Fun and Games

1. Shooters Choice Relay
2. Steal the Bacon ₁
3. Head/Shoulders/Knees/Toes
4. Grocery Cart Relay
5. Hot Shot Cone Pickup
6. Team Hot Shot Cone Pick up
7. Pressure
8. Money Goal
9. Musical Basketball
10. Team Around the World
11. 5 spot knockout
12. Team Elimination
13. Sharks and Minnows
14. 2 v 2; 3 v 3; 1 v 1
15. 12/14 Minute Olympics
16. Wacky Olympics



1. Shooters Choice relay. This is a coach play game. EASY

Teams line up on opposite baseline. One ball per team.

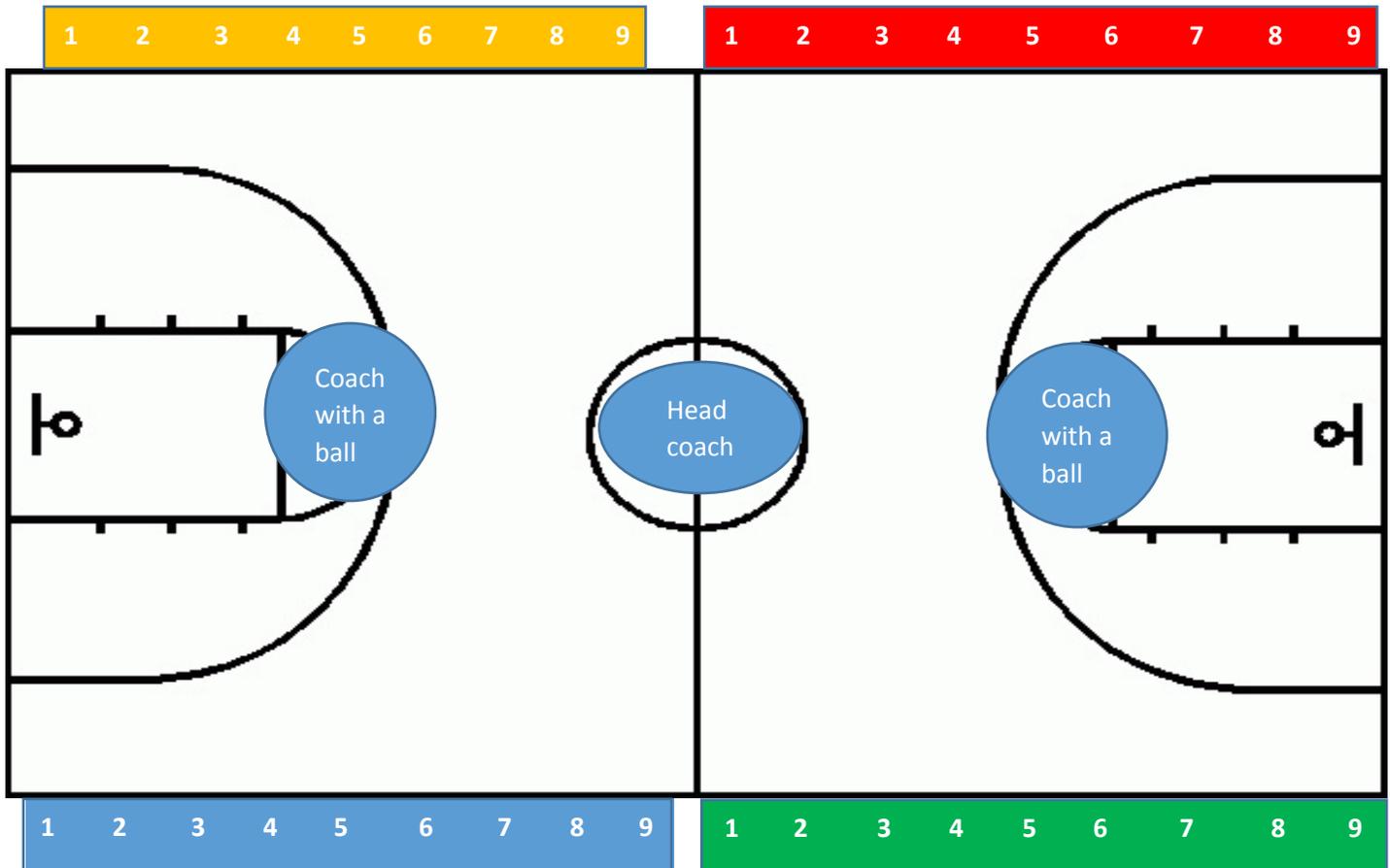
This can be played 2 ways- 1) for time or 2) to a set point total. Each player dribbles the length of the court and chooses the area she/he wants to shoot from.

- If they make the shot, they get the set amount of points, dribble back, jump stop at the FT line and pass to a teammate.
- If they miss, they dribble back, jump stop at the FT line and pass the ball to a teammate.
- If you are playing for time, the team with the most points when the whistle blows wins . (1:30 – 2:00 is a good time)

If you are playing to points, the first team to reach that point total wins

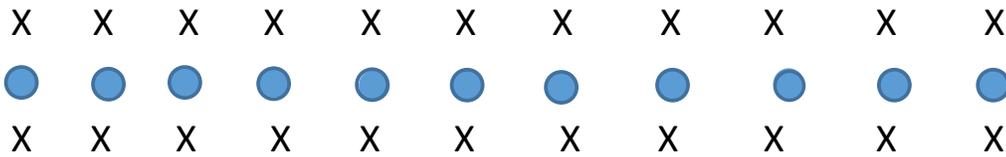
Scoring:

- Inside the  made baskets are 1 point.
- Between  and  made baskets are 2 points.
- Between  and  made baskets are 3 points.
- Outside  made baskets are 4 points.



2. Steal the Bacon. This is a coach play game. NEED SPACE. No more than 20 on a goal

1. Teams line up on either sideline. There must be an equal number of players on each team.
2. Each player is numbered off
3. The head coach stands in the mid court circle and calls out random numbers in 1's, 2's, 3's or 4's
4. The coach with the ball tosses the ball in the air, or puts it on the ground or rolls it in an odd direction away from the goal
5. The players whose numbers were called race to retrieve the ball and immediately begin playing on offense/defense
6. They play until:
 - a. Someone scores
 - b. 3 shots are taken by both teams (a total of 6)
 - c. 90 seconds
 - d. Then they step off, returning to their position.
 - e. The ball is returned to the coach and the head coach calls another set of numbers

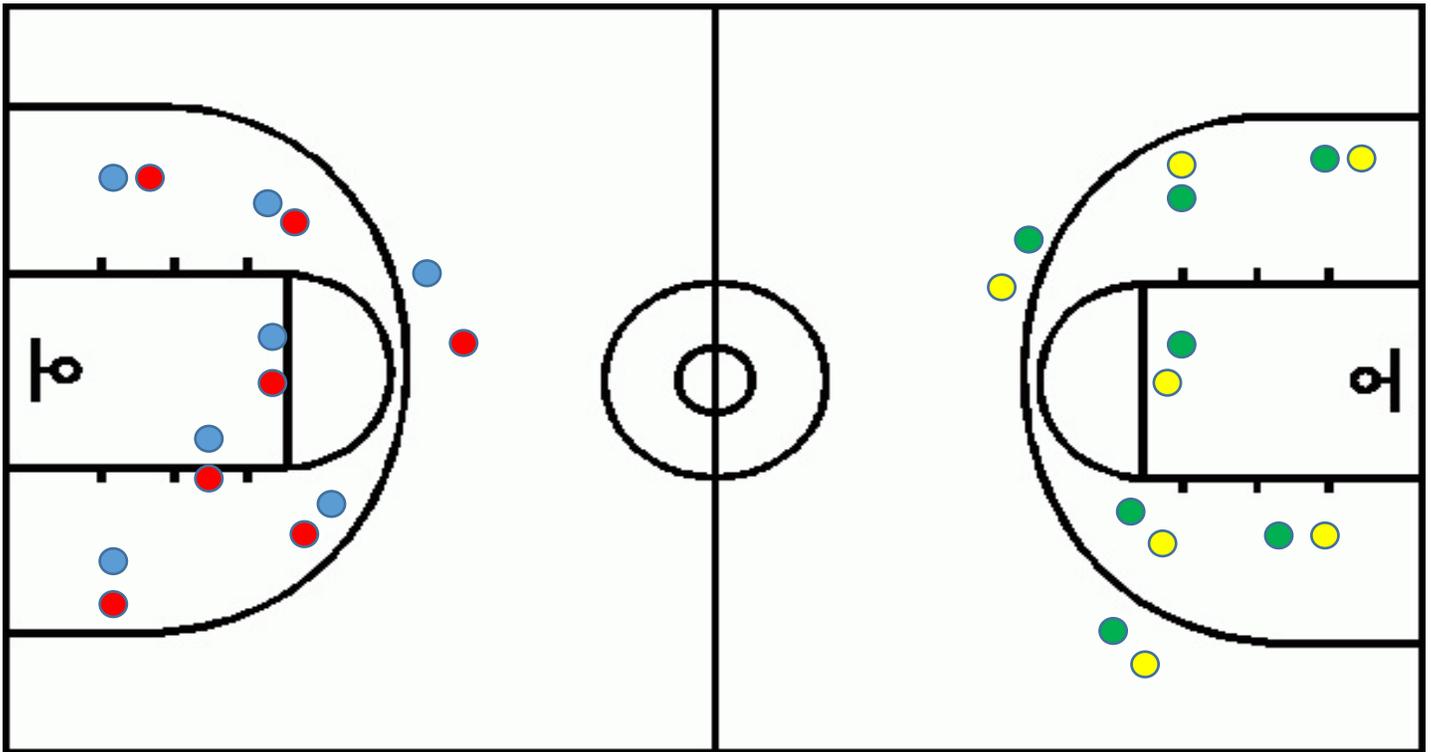


3. Head and Shoulders, Knees, and Toes EASY

1. Partner each person in camp in pairs of 2.
2. Place a cone between each pair.
3. 1 ball per 2 people placed on the cone.
4. Campers face each other.
5. Camp leader (or chosen representative) instructs the campers to place both hands on the body part called, ONLY GRABBING THE BALL, when the word **BALL** is called.
6. Camp leader calls out HEAD (campers put both hands on head), TOES (Campers put both hands on toes); and it continues (Hips, Nose, Eyes, Shoulders, Back, Knees, etc.)
7. Calls are made in rapid succession
8. Finally the lead coach calls BALL. When it is called, both campers seek to grab the ball.
9. The camper that successfully retrieves the ball wins the round.
10. You can play best 2 out of 3; 3 out of 5, 5 out of 7.
11. Once a partner winner is decided, half the camp is eliminated and sits down.
12. Pair the campers remaining and repeat.
13. Do this until you get a winner.

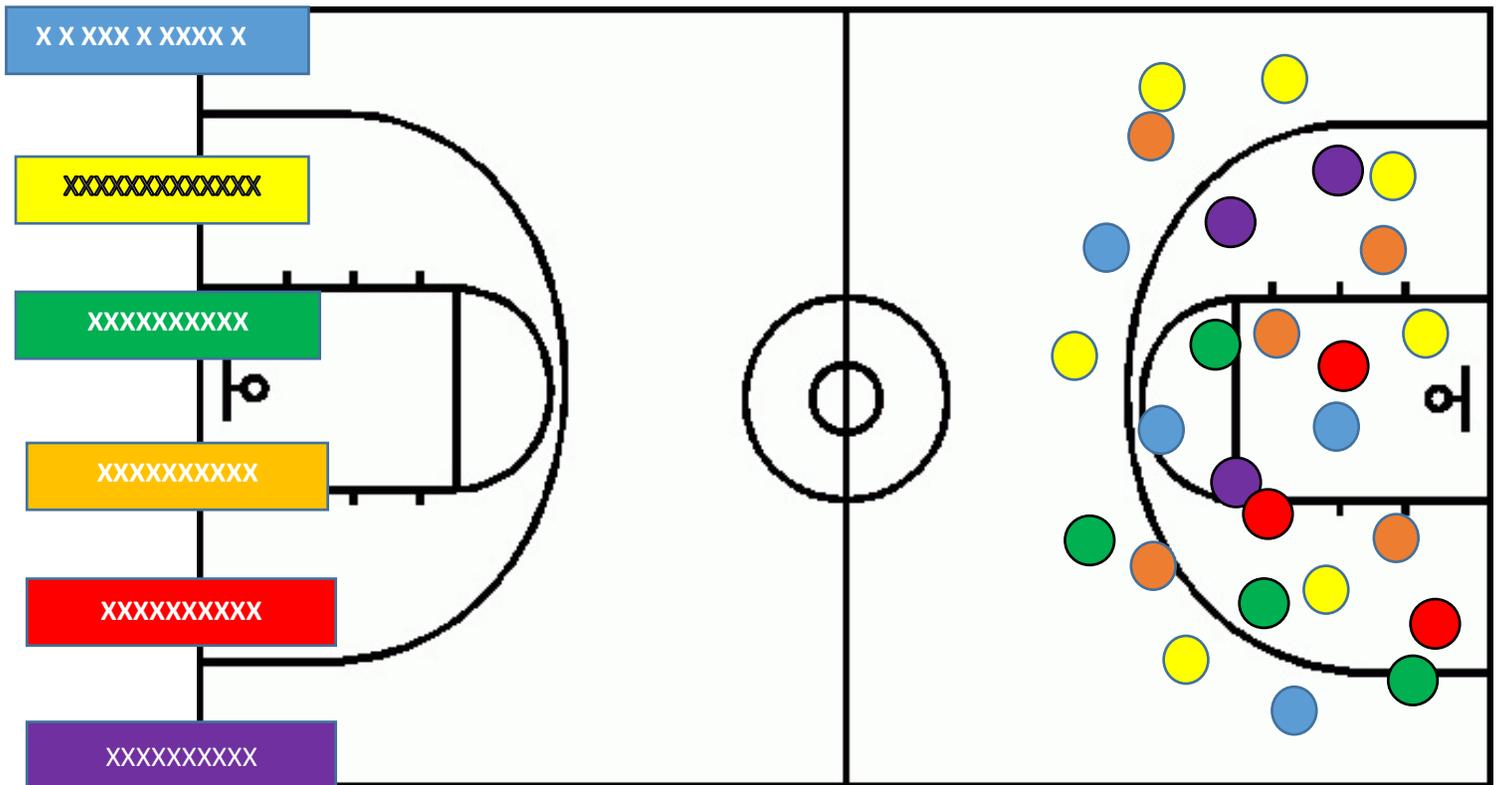
4. Grocery Cart Relay EASY

1. 1 ball per team
2. Line teams up by color along the baseline, each team in single file
3. On the opposite baseline are a specific number of "grocery cart items" in a circle
4. On the whistle, # 1 dribbles down, picks up 1 item and bring it back, placing it in the grocery cart (bag provided)
5. #1 hands the ball to # 2 and #2 repeats.
6. Do this till all items are picked up and put in the shopping cart
7. Variations
 - a. Make them dribble opposite handed (right hand first time, then left hand)
 - b. After bringing all items to the Check out station (beginning point) have them return them one by one.



5. Hot Shot Cone Pick up. No more than 3 teams on a goal

1. 1 ball per team
2. Line team up on the baseline. 5
3. In venues where there are only 2 goals, put multiple teams on each goal
4. Set out 5-8 cones at random places on the court.
 - a. Use color coordinated cones for each team on a goal
 - b. Cones should be in pairs
5. The shooter gets to choose which cone he/she shoots from.
 - a. If the shooter makes the shot, he/she picks up the cone, thus reducing the number of available cones
 - b. If the shooter misses, he/she rebounds and passes to the next person
6. Shooters continue till all cones are picked up.
7. First team to pick up all their cones wins.
8. Winners can be decided by goal or by camp.



6. Team Hot Shot Cone Pick Up

1. Spread all the cones out in a random pattern at one end of the court, mixing all colors together at varying distances- some close, some mid-range, and some outside the 3 point arc
2. 1 ball per team. All teams line up on the opposite end of the court. You can vary the starting place by age/ability.
3. Designate 1 color cone as the SPECIAL color.
4. The shooter gets to dribble to the opposite end and choose which cone he/she shoots from.
5. If the shooter makes the shot, he/she picks up the cone and dribbles back to the starting point, passes the ball to the next person in line and hands the cone to the coach.
 - i. If the shooter misses, he/she rebounds, dribbles back to the opposite end, and passes to the next person
6. When all the cones are picked up (or the designated time has run out) count the number of cones each team has. Remember, they can choose ANY COLOR to shoot from. One point for every cone. The SPECIAL color cone is worth 2 points for each one picked up. The team with the most points wins.

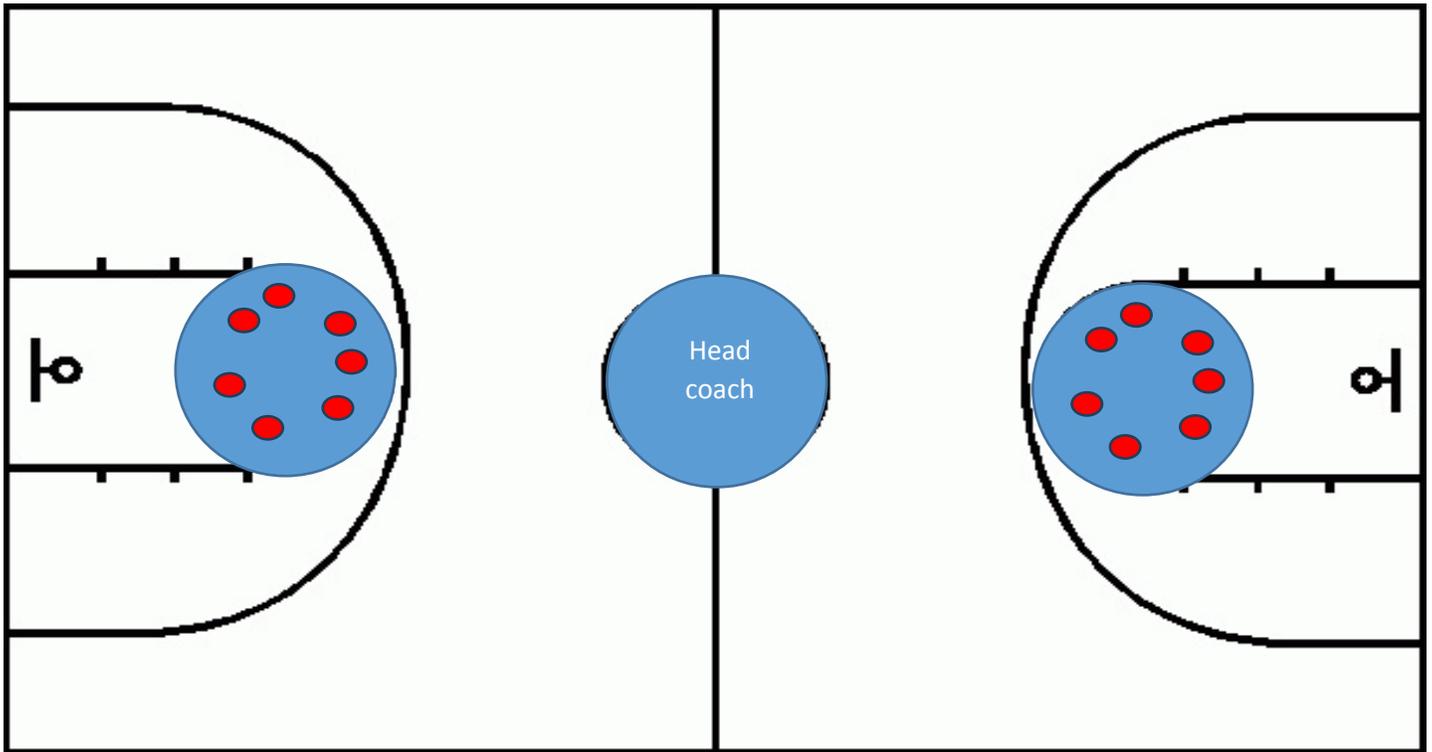
7. Pressure

1. 2 balls 7
2. Get the team in a line starting at the free throw line
3. #1 and # 2 have a ball. The rest are lined up behind them
4. #1 shoots.
 - a. If # 1 makes the shot
 - i. #2 MUST make the shot or he/she is OUT OF THE COMPETITION.
 - ii. If # 2 makes, #3 must make it or they are out.
 - iii. And so it continues- the pressure builds
 - b. If # 1 misses the shot,
 - i. #2 does not have to make the shot but if they do, #3 must make the shot.
 - ii. And so it continues
5. Play ends when the last person misses the shot, leaving one person.
 - a. Basically, once a shot is made, the **pressure** is on, the next person has to make a shot. The first one to miss is out. Once a shot is missed, the **pressure** is off the next person. Pressure begins when someone makes a shot.
 - b. Vary the distance based on age and ability.

8. Money Goal Rules

Must have 3 or more goals for this game. (Think of basketball bunko!) THIS IS A COACH PLAY GAME

1. One basket will be designated "Money Basket". The winning team at this basket will always stay at this basket.
2. All other baskets are numbered with the money basket being #1 and then go sequentially from there.
3. You can divide the color teams in half or compete against other colors initially. The idea is to get shots up! So divide the teams in half.
4. If you win on any basket other than the Money Basket, you move up 1 goal.
5. If you lose on the Money Basket, you go to the last basket in line (IE basket # 6)
6. If you lose on the in-between baskets you will stay on the same basket.
7. The winner at each basket is the team have the most points at the end of the predetermined time (usually 1 minute). IF THERE IS A LARGE AGE DISCREPANCY BETWEEN THE TEAMS AT THE BASKETS, FEEL FREE TO GIVE THE YOUNGER TEAM A COMPETITIVE EQUALIZER BY MOVING THEIR SHOOTING SPOT CLOSER TO THE GOAL.
8. The first bucket made at each basket between the two teams is worth 2 points. Every made shot after is deemed 1 point. (Not the first made for each team. The first made on the goal.)

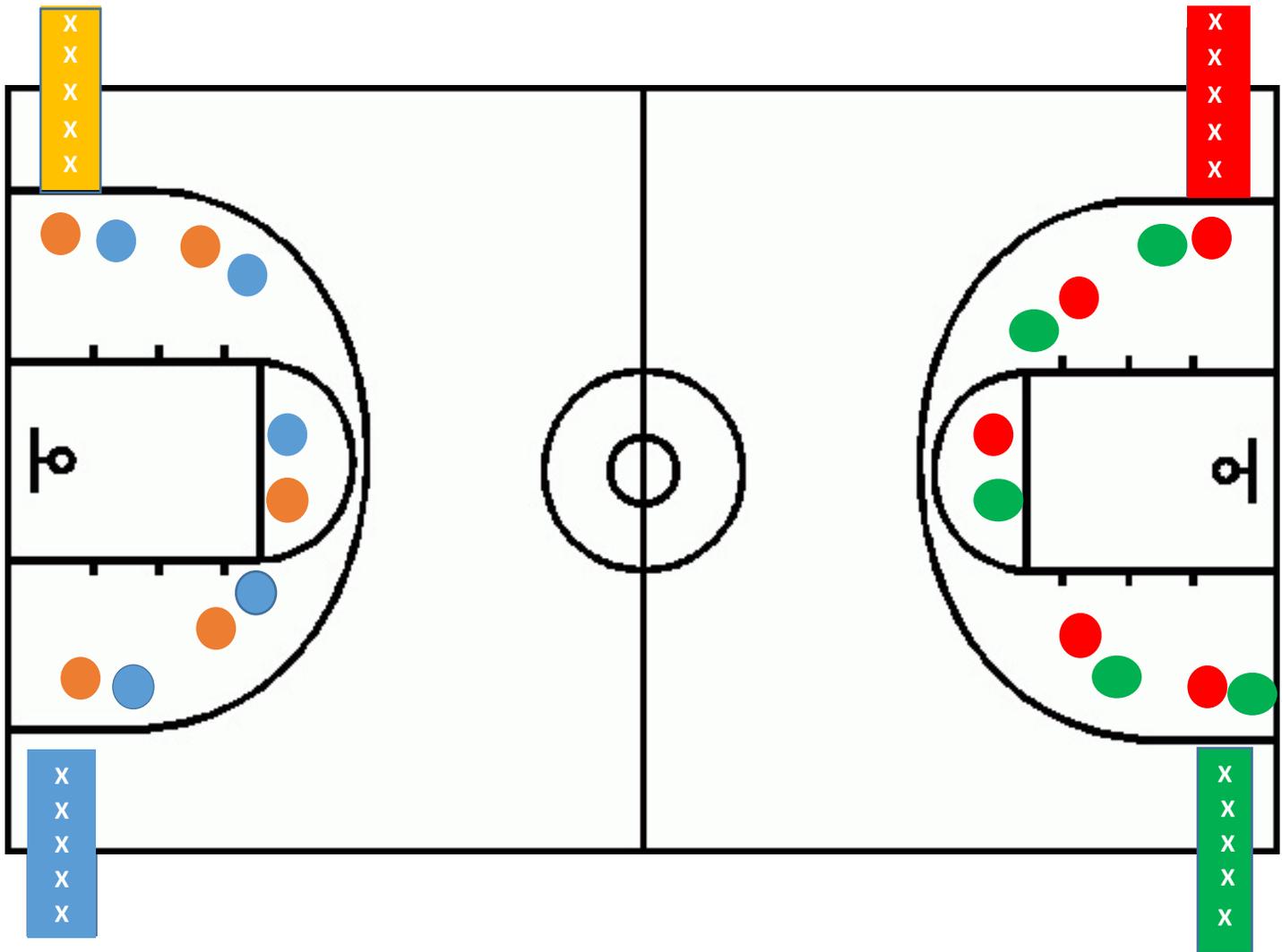


9. Musical Basketball.

You need 1 goal for every team (8-10 kids) If you only have 2 goals, it won't work.

1. Team members each have a ball and place it inside the cones that make a circle inside the jump circle
2. They then form a circle outside the jump circle line.
3. On Command they begin walking clockwise in a circle, staying outside the jump circle
4. When the coach blows the whistle, all kids break for the balls and retrieve one.
5. It becomes a race to make a basket. (To liven things up after a couple of rounds, you can make the rule that the kids do not have to shoot the same ball on each shot. If they shoot and miss they can grab another ball. Don't do this on the first round.)
6. When a basket is made, the person making the basket takes his/her ball and steps aside. The last person to make a basket is out and sits on the sideline
7. All players return to the jump circle and place their basketballs in the jump circle and repeat steps 2-6
8. This continues till there is a basket winner.
9. When a basket/goal winner has been established, all goal winners go to the head goal and play a championship round

This is a great team builder because the kids will cheer for their teammate.



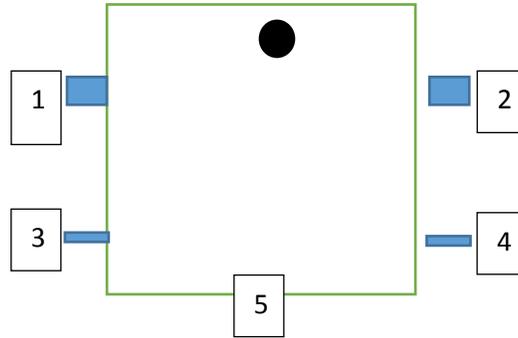
10. TEAM AROUND THE WORLD. This is a coach play game. **ADVANCED**

1. Teams line up behind their color cone on the baseline. One ball per team.
2. The 1st player shoots.
 - a. If he/she makes it they rebound the ball , pass to a teammate and move to the second spot.
 - b. If they miss, they rebound, pass to a teammate and go to the end of the line.
3. When all teammmembers have made the shot from the 1st spot, they begin shooting from spot 2.
4. Play continues for a preset amount of time OR till one team gets all its members to make a shot from all 5 spots.
5. Losers do push ups in the amount of spts they did not complete. (Ex, blue finishes while orange is on cone 3, orange owes 3 pushups apiece.)

11. 5 Spot Knockout

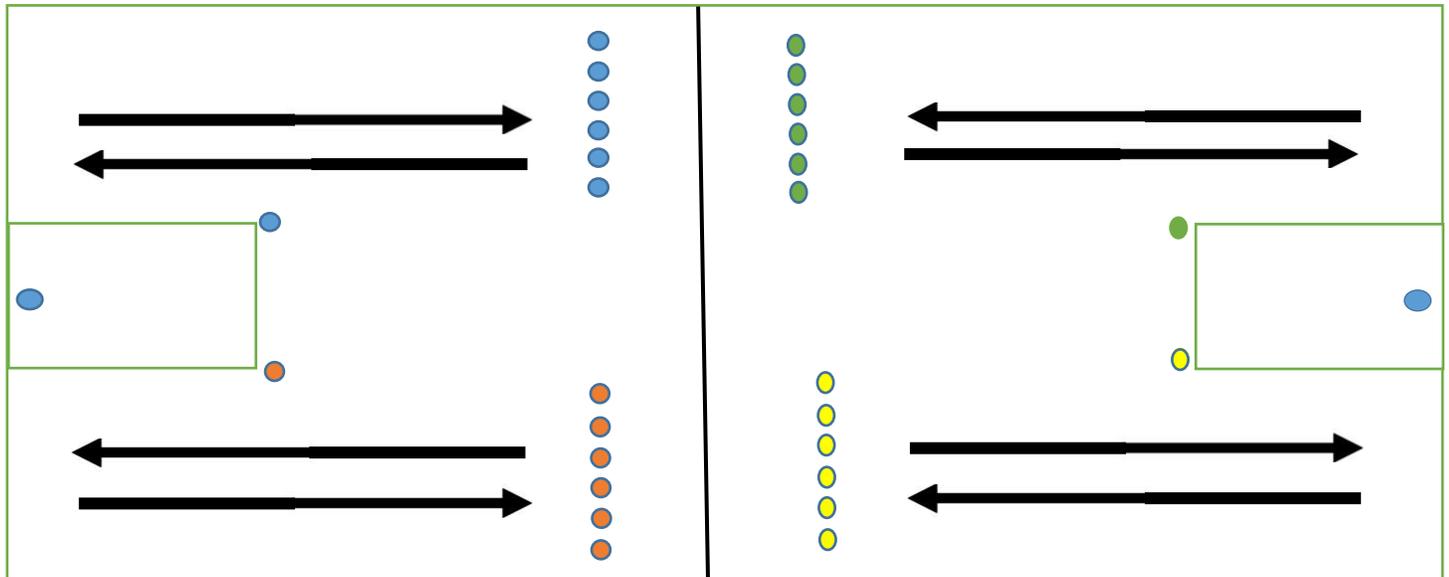
87654

3 2 1



1. 1, 2 and 3 have basketballs
2. 4 through 8 (or however many you have) line up along the baseline
3. On the whistle #1 shoots from the #1 block until he makes it or is knocked out by 2 or 3
4. As soon as # 1 shoots, # 2 can shoot from the #1 block
 - a. If he makes his shot before #1 makes it, # 1 is knocked out and surrenders his ball to #4 and goes and sits out, just like in regular knockout.
5. As soon as # 2 shoots # 3 can shoot from the #1 block
 - a. If # 3 makes it before # 1 and # 2, both are knocked out.
6. When you make a shot you move to the next block 1 to 2; 2 to 3; 3 to 4; 4 to 5 which is on the free throw line.
7. When you make it from the FT line, the next person in line takes the ball and begins shooting from block #1.
8. Progress all the way through till a winner is established.

12. Team Elimination



1. 2 teams on a goal-2 balls per team 11
2. Line the teams up near midcourt facing the basket. (You may have to leave room for other activities in the middle)
3. 1 person from each team is a shooter and begins at the designated spot (3 point arc for upper level, free throw for median level; under the FT line for beginners).
4. 1 person will have a ball along the midcourt line
5. Coach yells "GO"
6. The shooter from each team shoots and rebounds their own ball
7. The dribbler dribbles to the designated spot (ex: midcourt to baseline and back)
8. If the **shooter** from team A makes the shot before the **dribbler** from team B returns to the original spot, the **dribbler** is eliminated.
9. If the **dribbler** makes it back to the original spot before the **shooter** makes a shot, the **shooter** is eliminated.
10. Each round, 2 players will be eliminated
 - a. It is possible that 2 players for the same team get eliminated on the same turn.
11. Play stops and the eliminated players go to the sideline and sit down
12. Play resumes on the coach's command and continues till all are eliminated.
13. If only 2 shooters are left, it is sudden death.
14. If all players from 1 team are eliminated and there are multiple players from the other team still available, the remaining players compete against each other till all are eliminated.

13. Sharks and Minnows

1. Choose 2 players to be **SHARKS**. They do not have basketballs
2. All other players are **MINNOWS** and each one has a basketball and lines up on the same sideline.
3. On the coach's command, the **MINNOWS** must dribble across court. They cannot dribble in a straight line; rather they must do something with their dribble- spin, angle, behind the back, etc.
4. The **SHARKS** try to steal the **MINNOW'S** ball or knock it away.
5. If the **MINNOW** loses their ball, steps out of bounds, double dribbles, etc. they put their ball down and become **SHARKS**.
6. Play stops after 1 trip across court to allow the SHARKS to get set.
7. The last **MINNOW** standing wins.

14. 2-on- 2 or 3-on-3 Rules

1. Play will be cut-throat; Stay with your team color. If we have more teams than baskets then we combine teams according to age. We should never have more than 3 teams on 1 goal.
2. Cut-throat play: One team on offense – One team on defense – ***other teams lined up on the baseline in 2 lines for 2-2 or 3 lines for 3-3. They must be ready to come in.***
3. Offense starts with the ball – if they score they stay on offense and new defense comes on (defense that was scored on rotates to end of the line). If defense gets a stop or turnover they become offense (offense that lost possession rotates to the end of the line).
4. Coaches and translators are responsible for rotating teams quickly and efficiently.
5. At the start of each possession, the ball must be checked at the top of the key.
6. All baskets are worth 1 point. Players keep track of made number of baskets.
7. The ball must be “inbounded” or “passed in” to begin play. Defense must allow first pass.
8. Coaches at each basket officiate. On the first foul, the ball is awarded to the team that is fouled. On the second foul of the same possession, offense is awarded one point and defense must rotate to the end of the line.

1-on-1 Rules

1. Play will be cut-throat; 1 color team per goal. If we have more teams than goals, combine teams according to age/gender.
2. Cut-throat play: One player on offense – One players on defense – other players lined up on the baseline ready to come in. Coach and translator must be ready to help rotate teams.
3. Offense starts with the ball – if they score they stay on offense and new defense comes on (defense that was scored on rotates to end of the line). If defense gets a stop or creates a turnover they become offense (offense that lost possession rotates to the end of the line). Play continues for a specified amount of time.
4. Coaches are responsible for rotating players quickly and efficiently.
5. At the start of each possession, the ball must be “checked”.
6. All baskets are worth 1 point. Players keep track of made number of baskets.
7. Coaches at each basket officiate. On the first foul, the ball is awarded to the player who got fouled. On the second foul of the same possession, offense is awarded one point and defense must rotate to the end of the line.
8. Younger teams may choose to disallow offensive rebounds (1 shot per possession).

15. 12 Minute Olympics (with an additional event in case you have 7 teams)

- The PURPOSE of the mini Olympics is to build TEAM UNITY through competition.
- In the COMPETITIONS segment of our camps, INDIVIDUAL performance is encouraged and measured.
- In the mini Olympics, the team has to work together to accomplish a team win!
- Competitions will be 90 seconds in duration.
- We are building for a TEAM score.

1. Layups

- a. 2 balls per team. First 2 people with a ball.
- b. All players in a line at the wing (Right or left)
- c. On the whistle, the 1st person dribbles to score.
- d. One attempt only- make or miss.
- e. As soon as the 1st person shoots, the next person can go.
- f. The shooter gets his/her own shot and returns the ball to the next person in line.
- g. Keep going till the whistle stops the competition
- h. Tally 1 point for every make

2. Wing Jumper

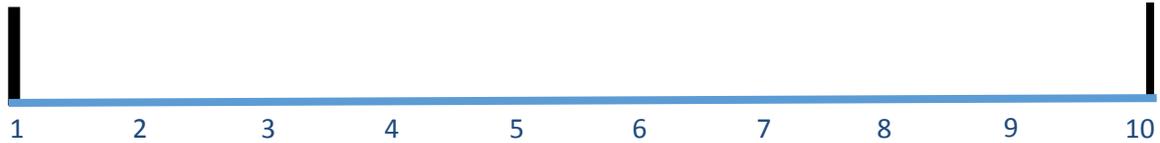
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- b. All player in a line at the wing (Right or left)
- c. On the whistle, the 1st person shoots.
- d. One attempt only- make or miss.
- e. As soon as the 1st person shoots, the next person can go.
- f. The shooter gets his/her own shot and returns the ball to the next person in line.
- g. Keep going till the whistle stops the competition
- h. Tally 1 point for every make

3. Agility ladder relay



- a. 1 ball per team
- b. Divide the team in half and line the players up on each end of the agility ladder.
- c. Determine which agility ladder drill you will do (one foot in each hole, two feet in each hole)
- d. On the whistle, the #1 dribbles through the ladder, hands the ball to #2 and goes to the end of the line
- e. #2 dribbles through the ladder and hands to #3 and goes to the end of the line.
- f. Continue till the whistle blows.
- g. 1 point for each COMPLETE trip through the ladder. (A partial trip does not count)
- h. The key is to keep going even if they have already completed the agility ladder once. You are trying to get as many trips as possible.

4. Sideline Pass Relay



- 1 ball per team
- Divide the team up evenly along the sideline- equally spaced from baseline to baseline
- When the whistle blows, pass the ball from person to person (1 to 2, 2 to 3, 3 to 4, etc.)
- When it reaches the opposite baseline, pass from person to person back. (10 to 9, 9 to 8, etc.)
- Continue till the whistle blows.
- 1 point is tallied for each trip up the sideline. So a round trip is 2 points.
- Points are not awarded for an incomplete trip.
- If a player fumbles the ball, it is retrieved and given back to the person where the fumble originated.
- Spacing can be adjusted based on size of team and abilities.

5. Hurdle Dribble Relay



- 1 ball per team
- Line 4 hurdles up perpendicular to the team in a straight line about 6 -8 feet apart (depending on space)
Use sideline to sideline if possible.
- Divide the team in half and line the players up on each end of the hurdle course. (Half on each sideline)
- On the whistle, the 1st person dribbles through the hurdle course, (Dribble with the right hand to the first hurdle, cross UNDER the hurdle to the left hand; Continue to the next cone dribbling with the left hand, cross under to the right hand and proceed, cross under to the left hand and proceed dribbling with the left hand, hands the ball to the next person and goes to the end of the line)
- 2nd person dribbles through the hurdle course and hands to the next person and goes to the end of the line.
- Continue till the whistle blows.
- 1 point for each COMPLETE trip through the hurdle course. (A partial trip does not count.)
- The key is to keep going even if they have already completed the hurdle course once. You are trying to get as many trips as possible.

6. Box Agility relay

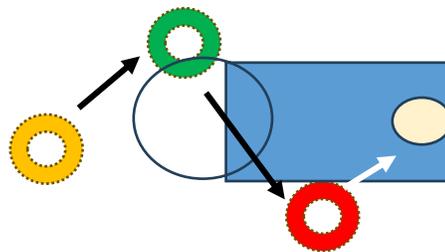


2 3 4 5 6 7 8

- j. 1 tennis ball or other item that can be used as a “baton.” You will not be dribbling.
- k. Set up 4 cones in a box (like the NBA combine) about 10-12 feet apart.
- l. On the whistle, the first person back pedals up the 1st side of the box (away from their teammates- A to B), slides across the top portion of the box (B to C- facing their teammates), sprints down the 3rd side of the box C to D, and slides across the bottom side of the box D to A.
- m. They hand the tennis ball to the next person who goes.
- n. 1 point is made for every box COMPLETED. (A partial completion will not count).
- o. The key is to keep going even if they have already completed the box once. You are trying to get as many trips as possible.

7. Ring Dribble- if you have an extra goal and a 7th team

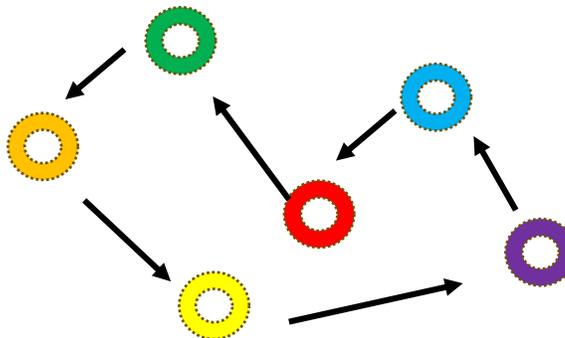
10 9 8 7 6 5 4 3 2 1



- a. Ring dribble layups (1 Ball needed.) Each team member must make 2 layups after dribbling through the rings (each ring must be dribbled in prior to shooting the layup. 3 layup attempt max per person per trip. Each participant dribbles through the rings one time and then shoots. If they miss, they do not have to dribble through the rings before shooting again. They can simply shoot again- 3 attempt max. If they don't make it in 3 attempts, 5 second penalty. They do not dribble back through the rings.

- b. If you do not have an extra goal

9 8 7 6 5 4 3 2 1



- i. Set out 6 rings in a random pattern about 12 feet apart
- ii. Have 2 balls
- iii. Start on the first ring (orange)
- iv. 1st dribbler dribbles in the pattern shown
- v. When dribbler #1 hits the 3rd ring, dribbler 2 starts
- vi. Complete dribbling to each ring and hand the ball off to the next pwrson in line]
- vii. 1 point for each round trip

16. Wacky Olympics

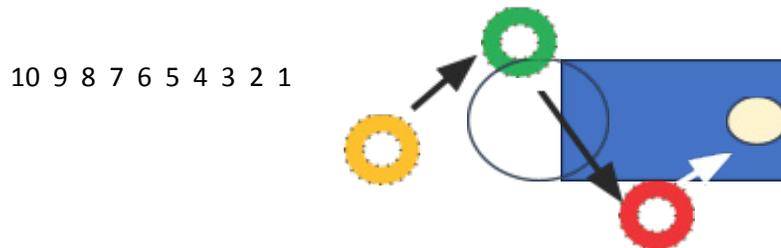
Complete each activity for time. Team with lowest time wins

All events are 120 second max (2 minutes)

1. Bungee dribble (2 balls and 1 bungee cord needed) – keep tension on bungee as each team member dribbles outside cones up and back. This is done for time. Must have even number of competitors.



2. Ring dribble layups (1 Ball needed.) Each team member must make 2 layups after dribbling through the rings (each ring must be dribbled in prior to shooting the layup. 3 layup attempt max per person per trip. Each participant dribbles through the rings one time and then shoots. If they miss, they do not have to dribble through the rings before shooting again. They can simply shoot again-3 attempt max. If they don't make it in 3 attempts, 5 second penalty. They do not dribble back through the rings.

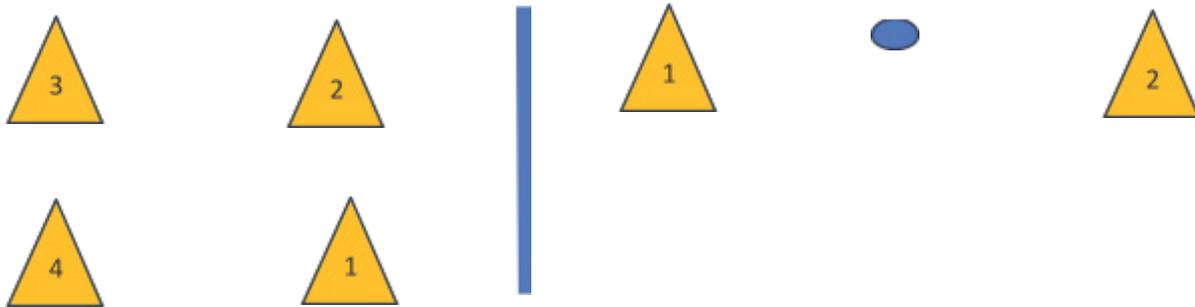


3. Bowling into the big cone (1 ball per team member) each team member must bowl their ball into the big cone from 30'. Lay the big cone on the ground. Stand 30' away, bowl your basketball into the big cone. A coach should stand behind the big cone to catch any balls that miss. One attempt to bowl the ball into the cone is made. If missed, the bowler goes to the end of the line and the coach rolls the bowler's ball back to him/her. When the ball is successful bowled into the cone, that bowler is finished and sits down.

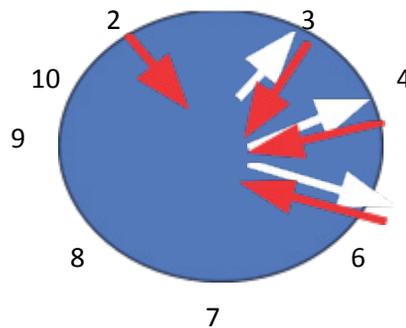


4. 3-legged agility ladder dribble – 2 balls being dribbled – up and back. Each pair makes 2 trips. Using the stretchy bands, tie each pair's leg together. They each dribble up and back one time, then the next pair goes. Each pair makes 2 trips.
5. Free throw-(2 balls)-each team member must make 2 free throws. 5 shot max. 10 seconds per team member that does not make the 2 free throws in 5 attempts. The team sets up around the lane line to assist in getting the ball back to the shooter.

6. NBA Combine dribble-1 ball. Each team member must dribble the box agility pattern and the shuttle for combined time. For Box agility-dribble forward from cone 1 to 2, dribble sliding to the left from cone 2 to 3; dribble backwards from cone 3 to 4; dribble sliding sideways from cone 4 to 1. Hand the ball to the next teammate. Once all are finished, do the same for shuttle dribble-start at the spot in between cone 1 and 2. Dribble around cone 1 and 2 and back to the spot and hand the ball to the next teammate. The time is cumulative.



7. Circle Star 2-ball pass-#1 starts in the middle with a basketball. Everyone else in a circle around them. #2 also has a basketball. #1 (in the middle) passes the ball to the person standing NEXT to #2 who has a ball. #2 passes the ball to #1. This is repeated all the way around the circle till it gets back to the starting point. Person #2 steps into the middle and person #1 replaces #2. Process repeats until all have completed the circle.



Wacky Olympics court placement

