



Camp Games

Mike M^{ac}Kay

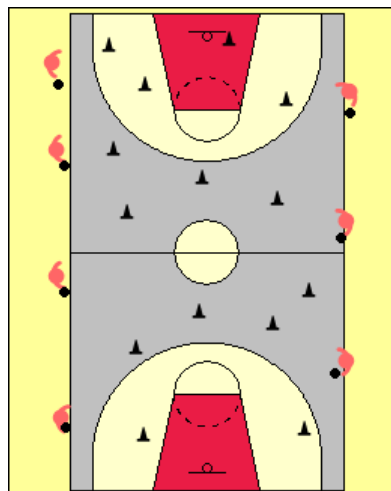
Manager Coach Education and Development



What follows are a number of activities that I recently used at a camp for grade 4-9 girls. The day camp ran from 9-12 noon and 1-4 pm. I wanted activities that were fun yet we were still able to keep our concentration and work on some skills. Too often I see at camps people force feeding the younger player basketball skills that are way beyond their ability level. Also the players get bored waiting in line. You do not need the special little “toys” that I used, but I do find it makes it more entertaining. The young players really get into the role playing. Use your imagination.

Memory

I bought Plastic ducks at Michaels's craft store for \$1 / duck. You could use any object that you can put numbers on the bottoms. The young kids loved the ducks, in fact I used them with a high school team and they loved them also.) The ducks are placed randomly on the basketball court. When the leader says go the players dribble around the court looking at the numbers on the bottom of the ducks. Give them a set amount of time. When the time elapses the players go back to the side line. They can work individually, in pairs or in a team depending on the number of players. The leader now calls out a number. The first player (partner or teammate) to find the right duck and squeeze it wins a point. I use a big foam dice (1-12) to roll to establish the number. The duck can be left in the same spot or you can slowly start to remove the ducks from the floor. The team with the most points wins. You can use a ball if you wish.

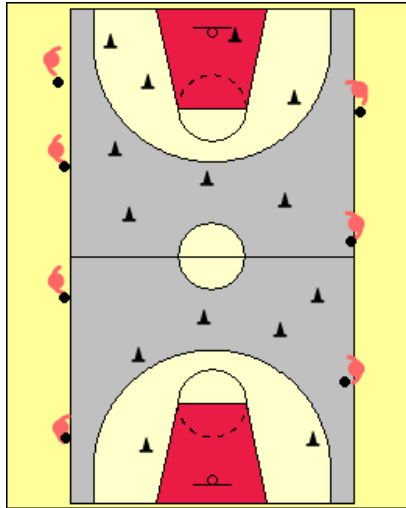


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Find the duck

In this version of the game all the players have a ball. The floor is covered with pylons. Under one pylon is a duck. The players' turn their backs while the duck is placed under the pylon. On go the players dribble around until someone finds the duck. A more advanced version is to have

people with pool noodles or foam swords moving about randomly to knock the balls away. Camp counselors is a good group to start with. If they lose their ball they must do some action i.e. around the waist three times with the ball, score a basket. before returning to the game,



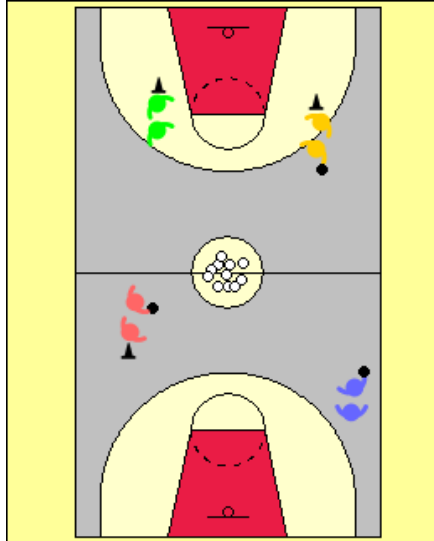
Steal the ducks

Each pair begins with a tall pylon and a ball. The ducks are placed in the centre circle. Each pair establishes a home base somewhere on the basketball court. It must be at least two big strides in from any boundary line. This is to allow people to sneak up from behind. On go the pairs take turn scoring baskets. Once a basket is scored the player retrieves a duck from the centre. The duck is placed inside the pylon. The game continues until all the ducks are gone.

Now the fun begins! The players now must score a basket and then go steal a duck from another nest. The "mother" duck must straddle the pylon with one foot on either side. She must do hip turns to change direction. If a fox (the player trying to steal a duck) is tagged he /she must go score a basket before attempting another steal. To steal a duck you must tip the pylon over without being tagged. Often the nest is empty. It is best to sneak in from behind when the "mother duck " is distracted.

At random times call change. The mother duck must immediately leave the nest and get the ball from the fox. The players change roles. Nests are vulnerable at this time.

You can also add people with pool noodles to distract the foxes. If the ball gets knocked away you need to score a basket before you can return to the game. At camp is you can use the counselors in this role.

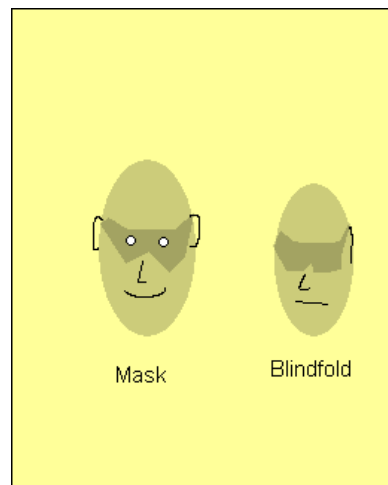


Blind fold games

I purchased plastic masks with elastic straps at the same craft store for 89¢ They make excellent dribble blinders. Do any dribbling activities with the mask on. Players who look down will find it difficult to see the ball.

Have the players dribble, and do Maravich drills with the blindfolds on. An excellent way for them to learn to "feel" the ball. It adds a challenge for those players at camp who think they can already do everything.

For the next set of leadership activities I put a piece of masking tape over each of the eyes. They make excellent blindfolds. The girls at camp took markers and made fancy eyes on the masking tape. I not sure the boys would do the same thing.



Find the Duck

Each pair has a duck that they can identify as their own (it can be any object that is safe). One player stands on the side line and puts on the blind fold. Once the blindfold is on the other player strategically places the duck somewhere on the floor and then returns to the sideline. On go the player without the blindfolded player must give verbal clues to the blindfolded player as to how to find their duck. It is excellent for teaching communication.

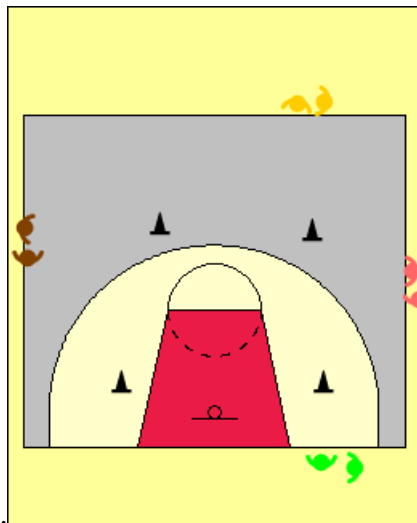
The players will give lots of meaningless clues:

"turn"

"over there"

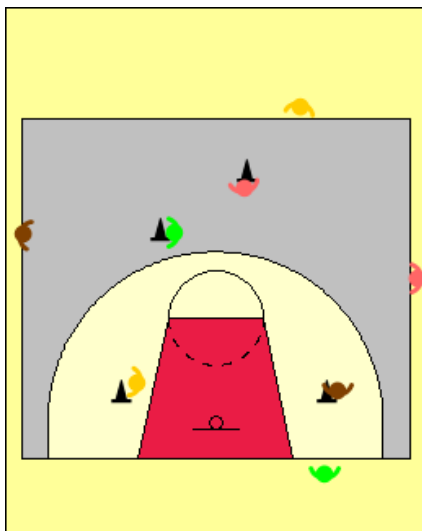
"it's right there"

They need to find a way to give very specific instructions. The idea of a compass or a clock works well for turning. The more people involved the more the noise is a factor. To load the drill add safe objects that they may have to avoid



Duck call

This time the players get together and develop a unique sound for their duck. They squeak when squeezed. The player without the blind fold now finds a spot on the floor. The player must call the blindfolded person to the duck using the call.



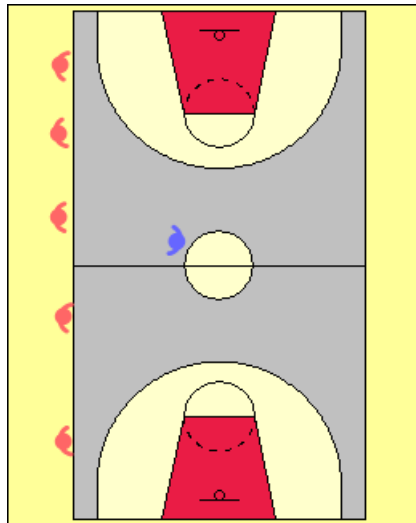
Know the sneaker

Each player takes off one sneaker. While one partner is blindfolded the other person chooses a sneaker from the pile, places it somewhere on the floor and returns to their blindfolded partner. The player gives verbal clues for the player to find the sneaker. Once finding it the player feels the sneaker trying to get to know it by the sense of touch, some use smell also! She then returns to the sideline. Once everyone has returned to the sideline the sneakers are put in one place. The player must now identify the sneaker he/she found while blindfolded..

Fundamental movement warm ups

Simeon says

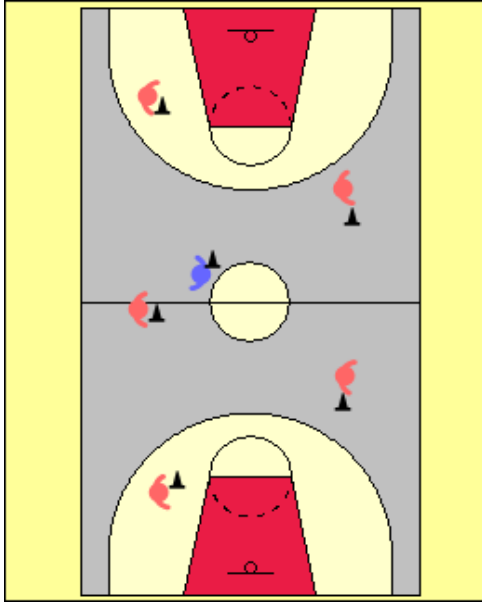
This is an excellent way to have the players do a warm up in a fun way. They get so caught up in Simeon Says that they don't complain about the movement activities. If they mess up have them do a quick action and get back in the game. Have them line up on the sideline and go across to the other side doing different types of movements. It is also a great one to do for ball handling. Use the Maravich drills for the players to follow your or another players lead. If they don't listen to Simeon go score a basket before you return. Eventually they will want to do elimination.



Musical pylons

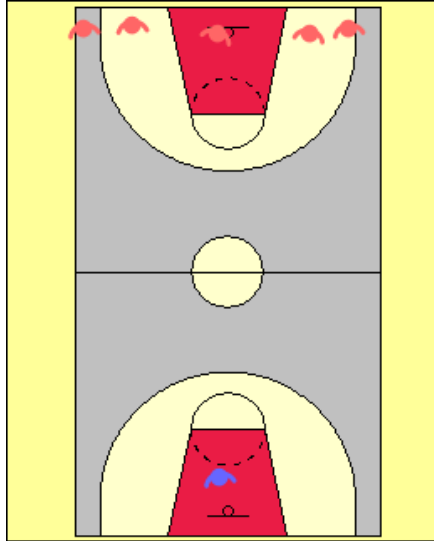
Each player starts on a pylon. The leader give the movement instruction; "High knees". When the music is playing the players move about randomly running with a high knee action. When the music stops they must find a pylon. At the pylon have them do a stationary fundamental movement, forward lunges. Give the next movement for when the music is playing.

After you have them warmed up start removing pylons. Those who don't find a pylon have to do an action, jumping jacks, until the music starts. You can also do it with a ball and have them do Maravich drills at the pylons.



Red light green light

This is an excellent drill for teaching balance. One player starts at the end of the gym. With her back to the group she calls green light. The players move forward (without a ball at first). When the player calls red light she turns to see if anyone is off balance. The players must stop and balance on one foot. If they lose their balance they start over. Once one player reaches the baseline switch leaders.

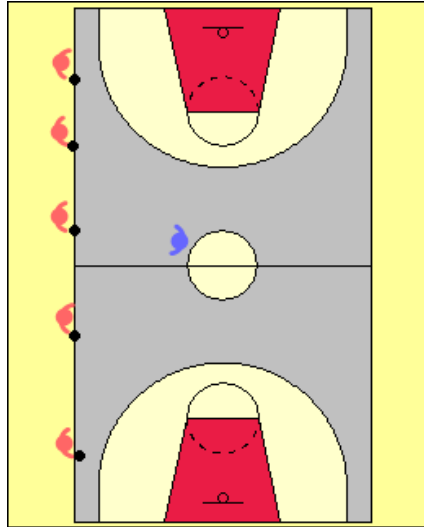


Mother May I

This is very good for young players to teach dribbling and stopping. Taking turns the player asks the leader how many dribbles and at what speed he/she may go.

"Mother may I take 3 fast dribbles". The leader responds "yes you may". The player now takes three fast dribbles and must use a jump stop. If the player takes an extra step he/she must start over. The leader could also say "no" and give the instruction to the player. It is best if the coach be the leader at first.

You can also tell them which hand to dribble with. Once you add 1-2 stops you can load the drill. You can also add in which type of pivot foot to use as well as front and back pivots. It is a good drill to do when the little ones get tired, but you still want them to concentrate and pay attention



Lunch time activities

I am not sure if these would work as well as young boys, but they were big hits with the girls although if presented properly I know it would work with boys.

1. Create a motto

At the noon hour break after they finished their lunch they went with a partner and took a piece of fun foam and self sticking foam letters and created a slogan or motto.

For example"

"There is no I in team"

"You always miss 100% of the shots you don't take"

They were very creative. After lunch they told the camp about their slogan.

2. TEAM

I hand sticky notes for all of the letters of the alphabet. Each player was given the letters T, E, A, M. on a piece of paper. Over lunch they had to come up with words that meant something special to their team. They could not use Together Everyone Achieves More. We had already used that one. It did not have to be an acronym. They wrote on the sticky notes.

An example was:

T - teachable

E - effort

A- attitude

M - memories

Again they had to present to the others when lunch was over.

Break time

Every hour I gave the players a break. They could get a snack or hydrate. We also introduced a number of activities they could do with others:

1 on 1 pyramid

32 point shooting contest

Foul shots

They could also invent or share other games that they knew involving a basketball. One group of grade 4's taught the entire camp a special game of around the world. To me it was one of the highlights of the camp having three grade 4 girls speak with leadership voices to the entire camp on how to play their version of around the world.

The object was for them to do an activity on their own without instructions from a coach. I was very pleased with the results. The younger players were excellent in finding unique ways to play. I could tell that the older players had already developed the habit of waiting for instructions from an adult.

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