

Title: Bucket Camp

Leaders: Armando Covarrubias

of Participants: 10

Ages: 13-14 year olds

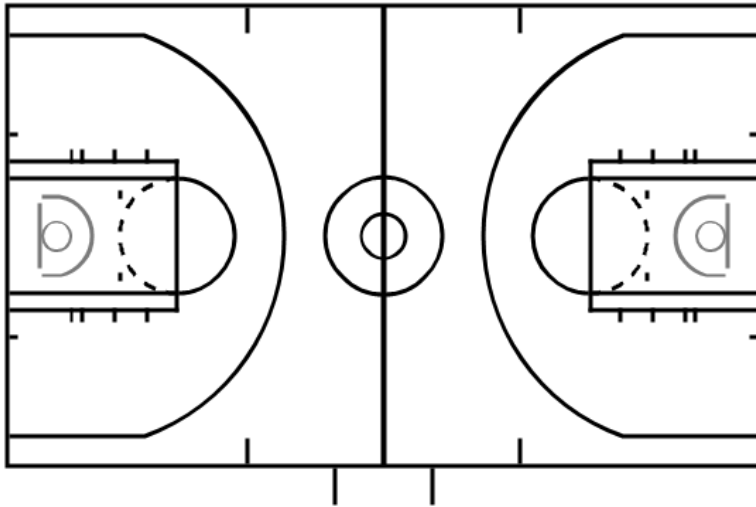
Theme: Basketball

Ideal Location: The ideal location for this facilitation would be an indoor basketball court. I would get the entire basketball court for my activity.

Equipment: 10 Regulation sized basketballs. 10 jerseys (2 sets of different colors), Whistle.

Pre-Activity Diagram:

Basketball Court



Goals and Objectives:

- The Goal of this facilitation is to improve the participants fundamental skills in the game of basketball.
 - The objective of this is that given the proper drills/practices, participants will be able to play as a team during live play.
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Risk Management and Concerns:

- Participants are always physically moving, and are doing things such as running and jumping throughout the facilitation. One could possibly jump and land wrong and could possibly sprain or injure an ankle, or tear a ligament in the legs. As a leader, I can halt play whenever I feel that an injury may be possible during a drill.
 - A participant could be hurt mentally by maybe not feeling they are completing the drills to the best of their ability. As a leader, I will give constant reassurance that they are doing a good job, and that they are working hard, and that their hard work is not going unnoticed.
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Contingency Plan:

- If the indoor basketball gym I plan to use is having a leakage problem where water is falling from the roof onto the court, I can rent another indoor basketball court ahead of time for this date as a backup plan. Or I can move the facilitation to an outdoor basketball court if the weather is nice and is safe for the participants to play on.

Length	Facilitation Portion	Description	Leader Name
1 Minute	Attention Getter	I will start by blowing my whistle and calling for all participants to gather around at halfcourt.	Armando Covarrubias
2 Minutes	Introduction	I will then introduce myself to the participants and tell them who I am. Then I will have the participants introduce themselves, and why they like basketball,that way everyone can get to know one another.	Armando Covarrubias
2 Minutes	Goal Introduction	I will then introduce the goals of the camp which is to improve the participants fundamental skills in the game of basketball and to work together as a team.	Armando Covarrubias
1 Minute	Transition	I will then have a short transition period where I will show the participants what type of stretches need to be done to get loose before starting	Armando Covarrubias
3 Minutes	Stretching	I will then have participants go through a quick stretching routine so that way their body is warmed up for the drills	Armando Covarrubias
3 Minutes	Conditioning	I will then have the participants run laps around the court in order for them to get their conditioning up and to warm up for the drills as well.	Armando Covarrubias
2 Minute	Transition	For the first minute, I will give the participants a water break, then for the next minute I will then introduce to the participants what a lay up is and how to do it, then I will then have participants go into two lines. One for lay ups, and one for rebounding.	Armando Covarrubias
4 Minutes	Lay Up Lines	For 2 minutes I will have participants do right handed layup, and the next 2 minutes have them do left handed layups.	Armando Covarrubias
1 Minute	Transition	After the lay up drill is over, I will then introduce the participants to a passing drill. I will then have the participants get into groups of two. Once they are in groups of two, I will then show them 3 different passing techniques, the chest	Armando Covarrubias

		pass, overhead pass, and bounce pass.	
3 Minutes	Passing	I will have each group do each passing technique for a minute each.	Armando Covarrubias
2 Minutes	Transition	For the first minute I will give the participants a water break, then I will introduce and show the participants what a 3 man weave is and how it is done.	Armando Covarrubias
3 Minutes	3 Man Weave	I will then have 3 lines of participants. One under the rim and two on the opposite ends of the 3 point line. Then I will have the participants complete the drill.	Armando Covarrubias
1 Minute	Transition	After the 3 man weave drill, I will then introduce a defensive slides drill, and show them how it is done	Armando Covarrubias
3 minutes	Defensive Slide	Participants will be able to do defensive slide for 3 minutes after being taught how to complete it	Armando Covarrubias
2 Minute	Transition	I will then let the participants get a water break for one minute, then for the next minute, Teach them what a box out is and how the next drill will be ran.	Armando Covarrubias
3 Minutes	Box Out/Rebounding drill	Participants will then take part in the boxing out drill with a partner and compete for live rebounds.	Armando Covarrubias
1 Minute	Transition	I will then introduce the next drill which will be a jump shot drill, and I will tell participants where they will be shooting from and show them a technique that will bring them best success when shooting	Armando Covarrubias

3 Minutes	Mid Range Jump Shots	Participants will then shoot for 3 minutes with a partner from Mid Range distance on a basketball court (About 13 feet away from the basket.	Armando Covarrubias
1 Minute	Transition	I will then let participants get a water break,	Armando

		and then tell them they will be doing a live 5 on 5 scrimmage	Covarrubias
13 Minutes	Scrimmage	For 13 minutes, the participants will be playing 5 on 5 against each other to incorporate what they have learned into a real life game	Armando Covarrubias
1 Minute	Transition	I will then let the participants get a water break, and after the water break I will have them get in a circle for debriefing.	Armando Covarrubias
5 Minutes	Debriefing	I will then ask the participants -How did they enjoy the camp? -What did they learn? -What was their favorite part? -How will they incorporate what they learned into their game moving on? -What could be added to make the camp even better? Then I will disburse everyone after everyone gives their answers and that will conclude the activity.	Armando Covarrubias
Back Pocket Activity	Knockout	As a back pocket activity, I will have the participants play a game where they will have to try and eliminate each other by shooting free throws. For example, if the first shooter misses their shot, the person shooting after them can knock them out of the game by making their free throw or get the ball in the basket before the first person is able to put the ball in the basket after their first shot if they miss	Armando Covarrubias