

# Kids 'R' Kids Mini Camp



**Sports Club**



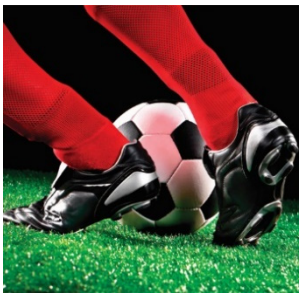


# Sports Club

## Introduction

Welcome to the 2020 Kids 'R' Kids Sports Club! During the next several weeks, your campers will be invited to participate in a broad spectrum of activities that will challenge their mind and body! They will learn the skills, techniques, and the teamwork of several common sports. So, lets get your blood pumping!

Are you ready?



# Basketball

## Materials

- basketball goal
- stopwatch/clock
- basketball
- even number players on each team (no more than 5 playing on a team)

## Skills and Techniques

### Dribbling

Dribbling is the way to transport the ball down the court while you are walking or running.

### Passing

Passing is a way to get the ball down from one teammate to another. This gets the ball down the court faster than dribbling. There are several ways to do a pass: chest pass, bounce pass, and overhead pass.

### Shooting

Shooting is a way to score points in the game of basketball. You can score one point by shooting a free-throw when you are fouled, two points by shooting regularly inside of the three-point line, and three points from shooting behind the three-point line.

## Instructions

Have the campers pick teams of equal numbers. Then, put a timer on for the campers to play and have fun.

## Other Games Related to Basketball

### Knockout

Have all the students stand in a single-file line with two basketballs in the hands of the first and second person in line. The first person in line will shoot from the free-throw line (or another designated spot). If they miss



the shot, they can then run to make a layup or shoot from any other spot on the court before the person behind them shoots and makes the basket. After the first-person shoots, the second person may shoot immediately after them trying to make it before the person before them. If they do make it before the person in front of them, they get that person out. If not, the first person passes the ball to the next person in line and the game continues to rotate until the person behind gets them out. The game ends when there is only one person left.

### HORSE

Start with a group of campers with one ball. Let the first person make a shot from anywhere on the court and everyone else has to make that same shot. If they do not make that shot, they get a letter in HORSE. Then, the next person makes a different shot from another spot on the court. If the camper makes the same shot, he/she does not get a letter in the word HORSE. If the shot is missed, the camper gets another letter in HORSE. Continue playing in this manner. If a camper ends up spelling the whole word HORSE, that camper is out of the game. The winner is the person who has not spelled HORSE completely or has the least letters.

### Around the World

Make an arch around the basketball goal like a three-point line. Mark several spots around the arch. Have the campers take shots around the arch at the marked spots. In order to move on to the next spot, the camper must make the shot at the first spot. If a shot is missed at any of the marked spots, the camper has to start over at the beginning. Have campers take turns taking shots at the different spots. The camper who makes all the shots first wins. If there are a lot of campers, allow one camper to go at a time and you can time each camper's turn. The camper with the fastest time wins.

# Volleyball

## Materials

- volleyball or beach ball
- net

## Skills & Techniques

Being able to see the ball and hit it to a teammate or over the net.

## Instructions

Show campers the proper way to touch the volleyball: with the tips of their fingers as well as the inside of their forearms and fists. Split the group into two teams of six, one on each side of the volleyball net. Each team gets three hits before they must hit the ball over the net to the other team. If needed, allow them to get more hits to get it over the net.





# Flag or Two-Hand Touch Football

## Materials

- a football
- flags/hands
- cones
- participants - equal number on each team

## Skills & Techniques

Being able to run and dodge the opposing team; keep them from touching you with two hands or grabbing your flag.

### Passing

Throwing the ball to your teammates

### Catching

Catching the ball that your quarterback or teammate throws to you or catching an interception from the opposing team

### Hand-off

When the quarterback hands the ball off to a teammate instead of throwing it to them

## Instructions

Set up the cones where you want to create the goal area and boundary lines, so campers know to stay in bounds. If playing flag football, put the flags on the players so that they are visible and can be pulled. Each team will get four down (tries) to make it ten yards (or another specified length based on your field area). If unsuccessful, then the ball will be turned over to the other team. Make sure there is a first down marker so that each team can know how far they need to go.

If playing two-hand touch, let students know appropriate places to touch like back and arms. Set the time you desire for quarters and let the game began.



# Soccer

## Materials

- soccer ball
- cones

## Skills & Techniques

### Dribbling

Passing the ball back-and-forth between your 2 feet

### Passing

Passing the ball from one teammate to the other

### Shooting

Taking the ball into the goal net area



## Instructions

Split the group up into equal numbered teams - 11 per team max. Let each team know which goal they will be trying to score in. Explain that they are not allowed to touch the soccer ball with their hands. Encourage them to get creative in ways they pass the ball to their teammates. Set your timer and let them play.



# Track and Field - High Jump, Long Jump, and Shot Put

## High Jump

### Materials

- wall
- chalk
- measuring tape

### Skills & Techniques

Being able to jump as high as you can off the ground straight up in the air

### Instructions

Mark a spot on the concrete where the camper is to jump from. Make sure the camper knows to jump straight up with the chalk in his/her hand. Have them jump and at the highest point they can reach mark the wall with the chalk. Have all the campers take turns. The best jump will be the person who has the highest mark on the wall. Once activity is finished, clean the wall with water to remove marks.

## Long Jump

### Materials

- chalk
- measuring tape

### Skills & Techniques

Being able to jump as far as possible

### Instructions

Start by drawing a line for the starting spot. Have each camper jump from the starting spot with feet slightly apart. Instruct them to jump forward as far



as they can. To mark the jump, you mark with chalk from the camper's heel. Measure his/her jump from the starting spot to the chalk mark. Do this with each camper to see who jumps the furthest. If campers are still interested, repeat the Long Jump with campers on one foot.

## Shot Put (Softball Throw)

### Materials

- softball
- chalk
- measuring tape

### Skills & Techniques

Being able to throw the softball as far as possible in a straight direction

### Instructions

Draw a line on the concrete with the chalk that will be your starting marker. Show campers that the ball must not be thrown from behind the shoulder. Have the camper throw the softball as far as they can but he/she cannot pass the starting marker. Measure where the softball lands. This will be the camper's measurement. Allow each camper a turn to see who throws the softball the furthest.