

Hot Spots

Group Size: Any size

Age Group: 1st-5th grades

Length of Activity: 10 minutes or more

Development Goal: To develop teamwork, hand-eye coordination, and depth perception.

Skills Practiced: Dribbling, passing, and shooting a basketball.

Equipment: 4 Cones, 20-25 Polyspots (as many as there are available), 4 basketballs, 1 basketball hoop

Set Up: Can be played outside or in a gym. Set up the cones in a row at about half court on a basketball court. If two hoops are available and space permits it, two games can play simultaneously. Scatter the polyspots all around in front of the basketball hoop.

Before You Start:

- Divide players into four teams
- Have teams line up behind a cone, facing the basketball hoop.

How to Play:

- One player at a time from each team will dribble to a polyspot to stand on and shoot the ball.
- If the player makes the shot, s/he picks up the polyspot and retrieves the ball. S/he then gets to bring the polyspot back to his/her team and passes the ball to the next player standing in line, who then dribbles to his/her own spot to shoot from.
- If the player misses the shot s/he gets the ball and passes it to the next player on his/her team.
- Play continues in this manner until all of the spots are claimed or time runs out.

Variation(s):

- Adjust the size and number of teams depending on the size of group.
- Allow students to take a second shot if they miss.
- This game can be modified to most any sport: Soccer--shoot from a spot into the soccer goal, Volleyball--serve the ball over the net from a spot