

Midnight Madness – Basketball for All

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SUMMARY: Midnight Madness – Basketball for All is a fun, competitive, and inclusive night of basketball games and challenges. It can be used as a program for an evening activity, or a special event, like Maccabiah or Color War!

GOALS:

- Participants will have fun!
- Participants will engage in an activity that is accessible for all skill levels, inclusive, and competitive
- Participants will form connections with their teammates and demonstrate good sportsmanship

AUDIENCE: Ages 8+, up to 50 participants

TIMING: 75 minutes

MATERIALS:

- Basketballs (as many as possible)
- Pinnies (one per participants, 4 colors)
- 50 mini cones
- 4 hula hoops

SET-UP: This program should take place on a basketball court. Each activity/mini game requires one hoop or part of the court, so the number of activities you can run simultaneously is dependent on the number of hoops you have.

SESSION TIMELINE

- 00:00-00:10 – Welcome & warm-up
- 00:10-00:15 – Teaching Games, Round 1
- 00:15-00:35 – Game Play, Round 1
- 00:35-00:40 – Teaching Games, Round 2
- 00:40-01:00 – Game Play, Round 2
- 01:00-01:15 – Game Time!

SESSION OUTLINE

00:00-00:10 – Welcome & warm-up

Facilitators welcome the group and lead 2-3 warmups

00:10-00:15 – Teaching Games, Round 1

Facilitators each take half of the group, explain 2 of the games below

00:15-00:35 – Game Play, Round 1

Each group (¼ of the total number of participants) plays 2 games, for 5-7 minutes per game. See game descriptions below.

00:35-00:40 – Teaching Games, Round 2

Facilitators teach the other two games to the groups.

00:40-01:00 – Game Play, Round 2

Each group plays the other 2 games, for 5-7 minutes per game. See game descriptions below.

00:55-1:10 – Game Time & Skills Competition

Using 2 hoops, teams will play half-court 3v3 games using half of the space.

On the other half of the court, there will be a timed skills competition; individuals will get timed and can work to improve their own time or choose to compete against others.

Participants will be able to choose whether they play 3v3 or participate in skills competition.

01:10-01:15 – Closing Debrief

Bring the group back together for a short debrief on the activity. Facilitator should ask questions to understand what participants liked or didn't like about the activity. The goal here is to help participants understand how sports at camp can be fun, but also exclusionary.

Facilitators can “pull back the curtain” and explain why they chose to structure the program like this, rather than simply running a standard tournament-style program. Ideally, some participants will self-identify as not being great at basketball and this will lend itself to an important conversation about how to make sports programs at camps more inclusive while also offering something fun and competitive for those who want that type of program.

Game Descriptions

4 groups, 4 activities (each on a separate hoop)

Hungry, hungry hippos dribbling game

Facilitator creates a circular or rectangular playing boundary using cones. The goal of the game is to be the last person remaining dribbling within the boundary. Participants dribble their own ball while also trying to knock the ball out of the ring away from their opponents. Once a participant loses their ball, they help form the boundary, and can knock the ball away from remaining participants. As the number of participants dwindle and the number of participants serving as the boundary increases, they contract the boundary leaving less space to maneuver for the remaining participants.

Knock-out

Participants line up in a single-file line in front of a basket beginning at the free throw line. There are only two basketballs used at a time, beginning with the two participants at the front of the line. The first participant will shoot, once they have gotten their shot off, the player behind them may shoot. If the first shooter makes a basket before the second, they hand the ball to the next person in line. If the second shooter makes a basket before the first, the first shooter is eliminated.

Steal the Matzo Ball

Two teams of participants line up facing one another on opposite sides of the basketball court. Each participant is assigned a number. The facilitator calls out a number and throws the ball into the middle of the court. The participants who had their number called compete for the ball, and whoever scores first wins a point for their team. The facilitator can call multiple numbers out at a time.

Musical Baskets

Each participant is given their own ball. Music is played and everyone dribbles in a circle in front of the hoop. When the music stops, everyone shoots at the same hoop. The last person to make a basket from the original spot they are in, is out. Game continues until there is 1 person left.

BRINGING IT TO YOUR CAMP

This program can be run on a smaller or larger scale depending on how many participants there are basketball hoops you have available. Therefore, these games can be run simultaneously or individually. This program is playable for ages 8+ and is best suited for a larger evening activity or Maccabiah/color war event.