

HumanHoops™

Activity Guide

How to Attach and Adjust: Weave the belt through 2 or 3 vertical basket support rails, then loop the belt end through the “D”-ring buckle and pull the belt snug just as you would with a with a flag belt. When walking with the basket it can be positioned in front of the body, but the basket should be slid to the hip area or back before running...then when stopping to catch the basket can be moved and positioned back in front of the body.

What To Shoot At Your Hoops™: Only throw and catch with soft balls and objects when using *HumanHoops™*. Use only foam, yarn and other soft balls, and other very soft objects when tossing at the baskets while players have them attached to their bodies. Also in almost all circumstances underhand slow throwing is all that is necessary. Always actively supervise these activities and make safety first!



How to Move: Position Adjustment & Spatial Awareness

HumanHoops™ will instinctively teach kids an important lead-up skill to catching—how to “center” the body in front of an incoming ball. With *HumanHoops™* there’s no “cheating” by ignoring the feet and just reaching to the left and right with the arms and hands. With *Hoops™*, the receiver must position the entire body (whether a tummy or hip catch) just right, because the arms can’t be extended for the catch

even when the body is out of position. In other words, there’s no “faking it”...either the correct body position adjustment was made, or the object will not land in the basket. There are 5 movements to learn which will help students advance their positioning and ultimately their catching skills. All movements should start from the “athletic position”, which includes: feet about shoulder width apart; knees slightly bent; hips flexed so that the spine can tilt forward slightly; back straight (but not stiff); and most importantly; weight on the pads or “balls” of the feet. There are 5 movements to learn which will help students advance their positioning and ultimately their catching skills:

A.) “Shuffle-Step” Adjustments– Small, quick movements of the feet are made to the left or right in response to the ball location. The feet are never crossed or touch—it’s similar to sliding, except the feet come off the surface slightly. The *shuffle step* is best when very small left or right body adjustments must be made.

B.) “Cross-Over” Step– When the initial movement requires a greater lateral distance and a more powerful first step is needed, the *crossover step* may be best. Lift the leg opposite of the movement direction and bring it over and in front of the “plant” leg. Push off the pads, foot, and leg of the plant leg to while stretching and reaching with the crossover leg to create a long and powerful first step toward the ball.



C.) Backward “Pump” Step– Sometimes moving a short distance directly away from the thrower is quickly needed. Push off from the pads of one foot, and make short, alternating steps backward before stopping. Quickness can be added by pumping the arms while pushing of the pads of the feet.

Note: When a greater distance away from an on-coming ball is needed, try a combination of the backward “pump” step and the cross-over step. Push backward of the pads of a foot while the opposite leg come over, in front, but at an angled backward direction.

D.) Forward Power Step & Plant– When the ball toss is “short” of the catcher’s position, from the athletic position, push off of one leg and lift the opposite thigh high for a powerful first step toward the ball. To stop with balance, brace against the pads of the feet with flexed knees.

E.) Pivot & Plant – Sometimes the ball will come from directly from the catcher’s side. To quickly adjust the body while maintaining balance, rotate and spin on the pads of the foot closest to the approaching ball while swinging the other leg around toward the ball. Replant the moving leg so that feet are about shoulder width apart.

Toss & Catch Skill Challenges

Important: All tosses (except bounce passes) should be soft underhand throws from 3 to 10 feet away. Overhand and longer distance throwing makes successful catching too difficult. The purpose is *cooperative catching* and *physical adjustment to the ball’s position*.

Basket Position While Running: *Players may often find when running fast it’s easier to position the basket on the hip. The catch can be made on the hip, or if stopping first, the basket can quickly be slid.*

1.) Self Tossing & Catching – Each player should start with low “air tosses” a few feet above and in front of their basket. This will begin the process of engraining quick, short shuffle step adjustments floor bounce, and off-the-wall ricochet; over-the-head and into a basket positioned on the back.

2.) Large Ball Toss & Catch — Try bouncing and catching a 6” diameter foam ball or soft play ball into the baskets. If playing with a thrower, No need to be far away...several feet will do! Don’t forget to try a “bank shot” of the tummy just above the basket.

3.) Partner Toss & Catch — Stand 5 feet apart and begin with easy full and slow underhand arm swings so that the receiver can easily see the ball or bean bag coming. Mix in the movements and positions discussed in “A” through “E” above.

4.) Hoop Basketball — Teammates pass the ball as the run down the court before shooting their ball into a traditional raised basket at the end of the court. Note that this can be played with or without an opposing team—it can be a purely cooperative game wherein one team is moving clockwise on the right side of the court, while the other team is moving toward the opposite basket on the left side of the court. *Note also bounce passes may make this challenge easier; and team handball-like “no-run-with-ball” rule may be Helpful; and finally playing with baskets in the hip location may be easier than the baskets directly in front.*

5.) Team Handball — Teammates pass the ball between each other and work their way down a field or court to a mini net or floor hockey goal. Similar rules as those described in #4 Hoop Basketball can apply here.

6.) Scooter Hoop Ball — While on scooters slide the basket to the back. Ride, toss bean bags into your teammates' basket and have your teammates retrieve bean bags from your basket. Create relays, end-to-end scoring games, or "tag" in which players try to avoid bean bags landing in their baskets!

7.) "Push Up" Scoop & Catch — Assume the "up" push up position with the basket in front of the tummy and the tossing partner 5-10 feet in receiver's head. As the thrower rolls the ball between the receiver's arms, the receiver lowers his just so that the basket is just touching the floor as the ball rolls in. The receiver must stand without dropping the ball.

8.) Line Toss Relay — Form two or more large teams with each team spread out along a line. Half of each team is on one side of the line and the other members staggered on the other side of the line. Teams toss and catch the ball back-and-forth across the line in a Zig-Zag pattern down to the end of the line and back. If a toss doesn't land in a basket it must be re-tossed until successful made. Race each other or the clock.

9.) Location Run/Catch Relays — To increase the cardio component, relays can involve "run-to" spots (perhaps designated by a cone or hoop) where the thrower is waiting. When the basket catch has been made, the thrower runs back to the starting point while the catcher remains become the thrower to the next approaching runner. Numerous variations on this "run-and-catch" format are possible.

10.) Scooter Toss— With the basket located at the hip or back, maneuver on scooters to toss a bean bag in a teammates scooter (cooperative) or avoid having an opponent land a bean bag in your basket. Make sure the proper spacing, rules and supervision apply so that "crashes" are avoided.

11.) "Pouring"— Lean forward and purposely pour the contents of your basket into a teammate's basket during a relay, or perform the pour into a net-goal, bin, or other receptacle.

12.) "4-Square"— Position 4 players in the traditional 4-square "tight" rectangle and toss the ball directly into other players' baskets through the air or with a bounce pass.

13.) "Toss-Tennis" — Across a "mini" floor net or a full tennis net, section off small areas with out-of-bounds lines so that the catchers do not have to cover too much distance. Play "doubles" in which underhand tosses over the net of a foam ball or bean bag are to be caught in the baskets. Balls that touch the floor are a point for the throwing team...caught balls can be either a point or a right to serve for points.

14.) "Birdie" Catch — One partner gently underhand strikes a shuttlecock upward and slightly outward to a partner that tracks its downward decent into his or her basket. This can also be performed across a mini net.

15.) "Basket Bowling" — With one or more plastic or foam bowling pins set out, the basket carrier must pour out one or more balls from their basket and tip over the pin or pins. This will take some experimentation to determine how best to "lean into" the pour so that the ball has a little forward momentum and directional control.

“No-Spill” Balance Movements & Relays

Attached *Hoop Baskets* can also be used as a balancing platform during movement challenges. The goal is to successfully perform the run, jump, or move-under movement without allowing the objects in the basket to “spill”.

Controlling the Difficulty: Teachers can control how easy or difficult it is to maintain objects in the baskets by the size and number of balls, or the weight of the object. For example, one flat bean bag will stay in a basket much easier than 4-6 whiffle balls or one 6” foam ball.

Relay Exchanges: Don’t forget to mix & match the toss-and-catch skills discussed earlier at the Point of exchange between teammates...close proximity air-to-basket tosses, bounce passes, or basket-to-basket “pours” are all good options.

i.) Under Multi-Dome Arches — Successful running under *Multi-Dome Arches* will require some trial and error...lean too far forward while lowering your head may cause a spill—keeping the back fairly straight while “squatting” may be the answer.

ii.) Step-Over Hurdles — Try to momentarily focus on two things at once; avoiding striking the hurdle bar and jerky motions that could cause a spill.

iii.) Balance Beam Walk — Walk the length of a foam floor beam as an obstacle in the middle of a larger relay course. Step off or spill the contents and go back to the beginning of the beam.

iv.) Under the Crossbar — Figure out the quickest way to successfully lower yourself under a crossbar without losing the basket’s contents. Wands with *Multi-Dome Activity Standards* or 28” cones offer good heights to create this challenge.

v.) Through-the-Hoop — Step through a vertically-stationed hoop. The spatial awareness challenge is to be avoid bumping and tipping the hoop while keeping the objects in the basket.

vi.) Multiple “Quick Step” Crossbars — Move as quickly as possible over a tightly spaced row 3 to 6 wand crossbars laid across *Multi-Domes* a few inches above the ground.

vii.) Zig-Zag Obstacle Run — Set up a line of posts in which the runners must slalom run as part of a relay course.

TeamKits™ Team Building Made Affordable...



Katch-A-Basket™

6" dia. "wide mouth" Baskets make dozens of catch, toss, balance, and cooperative games possible. 5" long handles keep the hands close to the Basket basin for easy control and feel. Remove the handles and use the Baskets for stacking, ground targets, or storage. Each set also includes 6 free scooter arms that snap onto all square handled scooters. This accessory transforms your scooters into rolling game baskets for enhanced scooter activities. Sold in sets of 6 **COLORZ**. Guide included.

Set of 6



HumanHoops™

Simply weave the "D"-ring buckle belts through the Basket webbing and secure around the waist to instantly create a moving, catching, and tossing human basketball goal! Toss foam or fleece balls between teammates to catch-and-place into the Basket, or use the tummy or chest as a "backboard" for basket-ball-like shooting score. Set includes 6 Baskets in **COLORZ** and 6 belts. Also usable with flag belts.

Set of 6



TeamWubs™



Communication, maneuvering and spacing gets your team in position around the pickup object. Stretch the rubber ring at the center of the Web to "surround" the Basket or ball. Move inward to "squeeze" the band tightly around the object before picking it up. Now your team can move it to the next destination! Attached to each center ring are 10 removable nylon support ropes with Velcro connectors. Each Web includes a Basket and activity guide.

TeamPoles™



Communication and constant physical adjustments keep the Poles parallel—if not, the Basket and its contents will spill. Move over, under, and through obstacles and toss or "pour" objects from basket-to-basket. The key components are rubber clips that snap into the Baskets. The clips offer two ways to carry the Poles; with gravity by sliding the poles under downward facing grooves; or, firmly by snapping the Poles into the outward facing "C"-clips. The Poles can also be used alone to balance and roll balls, or as wands. Constructed of high impact plastic that will never kink or break. Sold in sets of 2 pair with clips and two Baskets (colors vary); or, in sets of 6 pair in **COLORZ**. Included activity guides with more than 2 dozen challenges.

2 Pair Set Or 6 Pair Set