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LANDSPORTS

Section 1 : Award List

Proficiency for this program requires all of the awards listed below:

1. Basketball - Advanced level
2. Soccer - Advanced level
3. Disc Golf - At least a score of two under par
4. Cricket - Full understanding and ability to play
5. Tetherball - Full understanding and ability to play
6. Ultimate Frisbee - Full understanding and ability to play

Section 2 : General Rules & Safety

1. General Camp Emergency Procedures (search siren). Land search sirens are Bugles playing continuously(meet at benches), water search sirens, if sounded, meet at benches again apart from search team who go straight to waterfront swiftly. Finally, a severe weather warning siren may also go off in which case take your program to either hill bathrooms, hickory or powder room.
2. Safety is always the first main priority on this program. For example, when playing cricket be sure that no little kids run in front of the batter. Incidents have occurred when this has happened and kids have walked away with a bloody mouth. Another example includes disc golf whereby safety rules must be explained before handing out any discs to children. The rules are that no one may throw a disc if someone is in front of them, no one may walk in front of a thrower and kids must watch where their discs landed.
3. As a general guideline, try to encourage the kids constantly, no matter how bad or good they may be at a particular sport. Try and be as patient and tolerant as possible.





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Section 3: Award Requirements

Basketball Award

- **Beginner Basketball**

Skills

- The camper must be able to perform at least 10 stationary dribbles with their dominant hand.
- They must be able to throw and catch 5 stationary chest passes, bounce passes and over head passes.
- They must be able to make three of ten lay-ups from strong side and three of ten free throws.

Terms to know

- Offense, defense, dribble, shoot, rebound, pass, travel and double dribble. The campers must also know the points awarded for different baskets scored; number of players allowed to play at one time and names of player positions.

- **Intermediate Basketball**

Skills

- The camper must be able to perform at least 10 stationary dribbles with each hand and with alternating hands.
- They must be able to dribble down and back court alternating hands; down and back throwing chest and/or bounce passes to one another.
- Campers must also be able to make six of ten lay-ups, free throws and wing shots from each side.

Terms to know

- Pivot, assist, block out, jump ball, front court, give and o, dull court press, pick or screen, triple threat, alternate possession and back court as well as those terms that beginners are expected to know.
- Campers must also explain the difference between man to man defense and zone defense; demonstrate triple threat position; know three types of fouls; know four ways a team can lose possession of the ball and be able to label/explain parts of the basketball court.

- **Advanced Basketball**

Skills

- Campers must be able to physically do what those in intermediates can do but in addition must be able to referee a basketball match of intermediates and show signs of being a good coach i.e. encouraging the players. The camper must also show complete control over the situation.

Soccer Award

- **Beginner Soccer**

Skills

- Campers must execute five of ten legal throw-ins, dribble under control threw five cones in 20 seconds, score five of ten shots from three different positions and finally be able to trap and pass the ball successfully five out of ten times.



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Terms to know

- Trap, pass, defense, dribble, shoot, corner kick, goal kick, attach and hands.

Youth Soccer Drills

- **Partner Passing:** Have each player get one or two partners. Have the players pass the ball back and forth. Emphasis should be on trapping the ball on receipt and passing accurately with both feet.
- **Pass, Trap and shoot:** Have players form two lines. One line is passing line and passes the ball to the person in line two. That person traps the ball shooting into the goal. Do this from both sides so players pass and shoot with both feet.
- **Cone dribble and shoot:** Line at least 4 cones about 4 feet apart. Have players weave through cones while dribbling the ball. Players that make it through the cones may shoot on goal.
- **Dribble tag:** Limit field of play by using cones. Then have players play a big game of tag whilst dribbling their ball. A player is tagged when his/her ball is knocked away from their dribble. Once this occurs, that player must sit out.
- **Keep away:** One person in the middle, and three people in an outside triangle. The triangle cannot be too big and the three in it must keep the ball away from the one in the middle. If the defender in the middle gets the ball, then the last person who touched the ball takes the defender role.
- **Attack with defense:** Start with two lines. The object is to attack the goal, but this time there is a defender. Play does not need to begin with a pass, but there should be at least one pass before the offensive player shoots the ball. The defensive player must knock the ball away before play is over.
- **Running the bases:** There are three safe areas called bases. This is a big game of tag. Each player needs a ball. Players that are it try to tag the other players by knocking away their soccer ball. Players need to run around the three bases without getting tagged. Players cannot be tagged when on bases but can only stay on bases for 20 seconds.
- **Corner kick:** Practice corner kicks using three on two players in the penalty box.
- **Throw head, pass and score:** Practice scoring a goal by combining these elements. Player one throws the ball in, player 2 heads the ball on and player three scores the goal. Have each player switch positions so all may practice the different elements.

• **Intermediate Soccer**

Skills

- Campers must execute seven of ten legal throw ins; dribble under control threw 7 cones in 20 seconds; score seven of ten shots from three different positions at least 15 yards from goal; initiate 3 of 5 corner kicks to target area; drop kick and punt the ball 3 of 5 times successfully at least 20 yards as a goalie and finally, participate in a game in at least 3 different positions.

Terms to know

- Off sides, centering pass, indirect and direct free kicks, yellow cards, red cards and clearing pass. Campers must also diagram and label parts of a field.

• **Advanced Basketball**

Skills

- Campers must participate in a game for at least 40 minutes.
- Campers must instruct others working on beginners award.
- Campers must coach a game of young players.
- Campers must score 9 out of 10 shots with both feet from 3 different positions at least 15 yards out from goal.



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- Campers must provide 7 out of 10 successful corner kicks from both sides using both feet.
- Finally, campers must stop 5 out of 10 shots from an intermediate player (while in goalie position).

Disc Golf Award

Objective

- The Camper will have a full understanding of the rules, etiquette and safety of disc golf. They will also have learned the history and layout of the course, scoring system and types of throw.

Prerequisites

- None

Course Rules & Safety Rules

- The first shot on each hole must be from the tee. There is a clearly visible laid log marker on each hole, which the player must stand behind until the disc has been released. Standing either side of the marker is not allowed. (always wait until the players in front are on the next hole or out of range). Any throw after the tee shot is taken from where the disc has lain. One foot should be placed where the disc had lain. Either foot can be placed and it is recommended that the back foot be placed so that extra reach is gained for the following shot. That foot is not removed until the disc has been thrown.
- The player whose disc lays furthest from the hole on a fairway or whilst putting plays first. The other players should be behind that player or out of range until the disc has been thrown so as not to distract the thrower or risk being struck by a disc. (If this happens, the thrower may be disqualified). A disc lying in a tree is unplayable so the next shot should be played from underneath that disc. Initiative should be used i.e. a disc laying in briars that could cause significant cuts should be left in that spot with the next disc thrown from the nearest possible spot behind the lie of the disc.
- Any trash seen on the course should be collected.
- Scoring: 1 point is counted each time the disc is thrown. The object of the game is to achieve the lowest score possible. Every hole on the course has a 'par', e.g. Hole 1 is a par 3, Hole 2 is a par 3 and so on. The par for the whole course is 60. A player can add their score and compare the total to the course par and then determine if they finished under par or over par. This gives the player a goal to aim for. The same applies for each individual hole. A hole completed in 1 under par (that is e.g. 3 shots on a par 4) is called a 'Birdie', 2 under par is an 'Eagle', 3 under is an 'Albatross'.

Knowledge Required

- The camper must have a full understanding of the above and fully understand the rules and scoring and a little course history so to be able to answer most questions regarding the aforementioned subjects.

Skills Required

- The camper must be able to explain and demonstrate the different type of shots that can help a player improve. They are: -
- The flat straight throw / this throw is the easiest and usually the most accurate for all players.
- Curling shot / this throw can curl the disc around trees, through gaps etc by holding the disc at an angle depending on whether the player wishes to curl the disc left or right.
- Upright disc throw / this is usually used when trying to throw the disc through nearby trees.

Cricket Award

Objective

- The Camper will have a basic understanding of the game of cricket, and be able to fully understand the rules of non-stop cricket. They will also have learned the history of the game, and the difference between cricket and non-stop cricket, and understand why we play the non-stop version at camp.



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Prerequisites

- None

Game Rules & Safety Rules

- Two teams will be playing: the Fielding Team and the Batting Team
- Fielding Team's objective is to throw the ball as fast as possible to the Bowler (who always bowls underarm) so that they can quickly bowl before the Batsman has completed his runs and returned to the crease.
- The Bowler aims the ball for the large cone behind the Batsman.
- The Batsman must run if s/he makes contact with the ball, and may continue making runs as long as s/he likes ensuring that s/he is back ready to face the next ball.
- A Batsman is out when a Fielder catches the ball on the full, or the Bowler bowls the ball into the cone.
- Fielders must not stand too close to, or in the way of the Batsman.
- Fielders should be aware that the most common cause of injury in non-stop cricket is running into another player whilst both are trying to retrieve the same ball.

Knowledge Required

- A basic knowledge of cricket, and a full understanding of non-stop cricket. This includes rules, tactics, and playing to a level deemed sufficient by the instructor.

Skills Required

- Setting up the game, and participating in a game to a sufficient standard.

Tetherball Award

Objective

- Campers must be fully aware of the terms double hit, sides, rope and tether. They should understand the different ways of hitting the ball i.e. clenched fist, open hand, double handed and head!

Prerequisites

- None

Game Rules & Safety Rules

- The court is divided into 2 by drawing a line on the floor. On the flip of a coin, players choose whether to hit anti-clockwise or clockwise. The serve then goes to the player who lost the flip of the coin. The winner of the game is the first person to hit the rope so that it tethers, or wraps, entirely around the pole. On completion of this they call tether and a win is recorder. If a foul is committed i.e. rope (hitting the rope), double hit (hitting the ball twice) or sides (going on the other person's side of the court) then the game ceases and serve goes to the person against which the foul was made.

Knowledge Required

- Terms mentioned above.

Skills Required

- Ability to play a game to a standard deemed sufficient by the assessor.

Ultimate Frisbee Award

Objective

- To fully understand the rules of and be able to participate to a reasonable standard in a game of ultimate frisbee.



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Prerequisites

- None

Game Rules & Safety Rules

- A pitch is set up using 4 large cones to mark the corners of the pitch. The aim of the game is to get the Frisbee past the end of the cones in the same way there is an end zone in football. The player who is in possession of the Frisbee cannot move but can pivot. Other members of the team try to make themselves open and get free in the end zone to score a "touchdown". If the Frisbee is intercepted then a turnover occurs. If the Frisbee is thrown and the pass is not completed i.e. it hits the ground then a turnover also occurs. If the Frisbee is hit to the ground mid-air by the opposition then the opposition receives possession.

Knowledge Required

- Different styles of throw as mentioned in the Frisbee gold award

Skills Required

- Execution of different throwing styles. Varied range of passing. Ability to find space in a game situation.

Section 4: Theory Sheets

Camper theory only involves naming parts of the basketball court, and naming areas on a soccer field and then all rules of play.

Section 5: Day-by-day schedule

Opening: Simply involves the counselors going into the sports shed and getting out the necessary equipment for whatever sport is going to be played. The sport being played each day should be decided by a vote from the kids. The minority who voted differently should have their sport played the following day so that all are happy. It is important to take a role call, not just count numbers and it is equally important to do attendance. The nearest walkie to land sports is in the office in Klinger. The land sports shed must be locked at all times if unattended by a counselor and all items borrowed by other programs must be returned.

Closing: Closing down the program involves letting the kids out at least five minutes before the period ends so that kids needing to go to water skiing etc get there on time. When leaving the program, all sheds should be locked and all equipment returned leaving nothing lying out on the field.

Section 6: Teaching Tips

General teaching tips include having a quick vote at the beginning of each period to find out what the campers want to play today. The campers come first so if all wish to do a particular sport for example disc golf two days in a row, then they should be allowed to. That is what makes the program enjoyable for the kids because you are doing something that they wish to do rather than something that you wish to do.



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It will get extremely boring for you (the counselors) if you play soccer for all four periods each day however, if kids want to play soccer, you may have to just be tolerant and patient. A good alternative is to take to separate groups, for example, one counselor stays with soccer groups all morning while the other does basketball and one counselor does soccer groups in the afternoon while the other does basketball.

When playing disc golf with big groups, it is hard to keep the game moving fast and enjoyable when only two counselors are present. If this case were to occur, try using smaller groups and nominate senior boys or girls as head of that group. One counselor should take the lead on the disc golf course and the other should stay at the back. In this way, all kids stay in between counselors.

Section 7: Bad weather alternatives

If weather does not permit outdoor activity, the nearest shelter is Klinger. Bad weather alternatives include table tennis, board games, assassins, Mafia, indoor challenge (human knot) and even Klinger ball if granted permission.

Section 8: Inventory

Bib Bags x 3	
Bibs x 5	Soccer balls x 4
Mini Basketballs x 6	Other balls x 3
Mini Cones x 12	Hockey Sticks x 3
Large Cones x 4	Hockey Puck x 1
Space Hopper x 1	Ball pumps x 2
Bucket and Spade x 1	Basketball clips x 1
Big blue net x 1	Velcro belt tags x 14
Red crate x 1	Whistle x 1
Blue crate x 1	Basket x 1
Frisbee x 2	Hula hoops x 10
Ropes x 4	Basketballs x 8
Mini Footballs x 2	Tennis rackets x 10
Plastic baseball bats x 10	
Wooden baseball bats x 1	
Metal baseball bats x 5	
Baseball base x 1	
Face Guard x 1	
Baseball mitts x 3	
Shin pads x 1	
Hand/Volleyballs x 16	



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Section 9: Things to Remember

Take role call, attendance, MAKE SURE THAT YOUR PROGRAM HAS A FIRST AID KIT!!!!!!), be patient and encouraging with the kids but try and keep control at the same time.

Section 10: Opening and Closing the Program

Opening: The whole of the equipment in the landsports shed is to be taken out and tidied up and in doing so an inventory is to be made and compared to the previous inventory. Maintenance for basketball courts (all nets on hoops correctly), athletics field goals (nets pinned on)/volley ball (net in good condition)/tetherball (make sure that the tetherball is still attached to the pole) and disc golf course signs should be checked and repaired/replaced if need be.

Closing: Re-write inventory and tidy up program area ensuring that all equipment is restored to its correct space and that no maintenance jobs need doing.