



Youth Hoops Basketball Camp – Ball Handling Session 2

15 min prior to starting

Check-in

- Role sheet
- Collect paperwork
- If applicable, collect monies

10 min

Coach Talk

- Welcome
 - 2nd Session
 - Introduction of Coaches
- Review
 - Warm-up
 - Ball Handling
 - Additional Station Work (Offensive Moves)
 - Team Offense
 - Controlled Play
- Expectations (reminders)
 - Be on time
 - Be enthusiastic
 - Be coachable
 - Be focused
 - Try your hardest
- Miscellaneous
 - Check-in first
 - Locations
 - Restroom
 - Water fountain
 - Place trash in trash bins
- Quote of the Day
 - *"If you don't stand for something you'll fall for anything."*
- Questions

- Group players
 - By age and ability
 - 8 player maximum per group
- Circle up
 - Practice hard, practice smart & have lots of fun
 - “**TEAMWORK**” on 3

15 min

Warm-up

- 2 Laps
- Foundational Dribbles
 - Up & downs
 - Kills
 - Circle dribbles
 - Figure “8” dribble
 - Back & forth under legs
 - Kill crossover
 - Front “V” dribble
 - Side “V” dribble
 - Behind back crossover

12 min

- Ball Handling
 - Cupping
 - Cup for as long as you can
 - Around the leg, 1 hand, 2 dribbles
 - Around the leg, 2 hands, 2 dribbles
 - Around the leg, 1 hand, 1 dribble
 - Around the leg, 2 hands, 1 dribble
 - Fingertip Control
 - 1 hand tap around leg
 - Figure 8 tap
 - Sitting w/ legs crossed
 - Lay on a side
 - Lay down, pass under foot

2 min

Water Break

12 min

Additional Station Work

- Offensive Moves
 - Crossover
 - In & out move
 - Behind the back
 - Between legs
 - Optional: Spin

10 min

Team Offense

- Motion (5-0)
 - Introduction to motion
 - Front cut, dribble at, north/south & laker cut

10 min

Controlled scrimmage

- Isolate each group
- Organize each group on equally-skilled teams

5 min

Closing

- Review
- Quote of the day
- Distribute homework
- Announcements
- Questions
- Circle up