



Youth Hoops Basketball Camp – Ball Handling Session 5

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 5th Session
 - o Introduction of Coaches

- Review
 - o Warm-up
 - o Ball Handling
 - o Additional Station Work (Shooting)
 - o Team Offense
 - o Controlled Play

- Expectations (reminders)
 - o Be on time
 - o Be enthusiastic
 - o Be coachable
 - o Be focused
 - o Try your hardest

- Miscellaneous
 - o Check-in first
 - o Locations
 - Restroom
 - Water fountain
 - o Place trash in trash bins

- Quote of the Day
 - o *“Be more concerned with your character than your reputation.”*

- 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
 - Build Quickness
 - Around head
 - Around waist
 - Around both legs
 - Around one leg
 - Straddle flip
 - Figure “8”
 - Figure “8” behind back
 - Speed dribbles
 - Knee high dribble
 - Waist high dribble
 - Super high dribble

2 min

Water Break

12 min

Additional Station Work

- Shooting

- Dribble drill
 - Corner dribble and foul line dribble from wing – both sides
- Self pass
 - Corner self pass and foul line self pass from wing – both sides
- Jab step
 - From mid-wing area, jab step with right & left feet – both sides

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