



Youth Hoops Basketball Camp – Ball Handling Session 1

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - 1st Session
 - Introduction of Coaches

- Review
 - Warm-up
 - Ball Handling
 - Additional Station Work (Shooting)
 - 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
 - *“A person’s true character is revealed by what he does when no one is watching.”*

- 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
 - Moving
 - Walking figure “8”
 - Control dribble
 - Butt kicks
 - Power dribble
 - Control / crossover
 - Control / between legs

2 min

Water Break

12 min

Additional Station Work

- Shooting
 - Wrist stretching
 - Form shooting (one hand) / use only strong hand
 - Form shooting (two hands)

- Form shooting (two hands), with basketball
- Form shooting (two hands, 1-2 step – no dribbling), with basketball

- At basket
 - Nothing but net
 - Two handed layup – using backboard, with basketball (with 1-2 step)
 - Two handed “bank-from-block” – using backboard, with basketball (with 1-2 step)

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