



## **Youth Hoops Basketball Camp – Ball Handling Session 3**

### **15 min prior to starting**

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 3<sup>rd</sup> Session
  - o Introduction of Coaches
  
- Review
  - o Warm-up
  - o Ball Handling
  - o Additional Station Work (Inside Play)
  - 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 *“The company you keep will determine the trouble you meet.”*
  
- 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
  - 2 Ball Stationary (Basic)
    - Both High
    - Both High Alternate
    - Both Low
    - Both Low Alternate
    - Extra-credit: throw both balls up regain dribble
  
  - 2 Ball Stationary (Advance)
    - Dribble & Pass
    - Switch Hands
    - Switch Balls
    - One High, One Low
    - Extra-credit: 2 ball wrap-around 2 legs

**2 min**

Water Break

**12 min**

Additional Station Work

- Inside Play
  - Power layup
    - Drive in for layup and use jump stop
  - Drop step
    - Towards baseline and shoot layup
  - Turn, face defender and jab step
    - Forward pivot, jab step and shoot bank shot
    - Reverse pivot, jab step and shoot bank shot

### **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