



## **Youth Hoops Basketball Camp – Ball Handling Session 4**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - 4<sup>th</sup> Session
  - Introduction of Coaches
- Review
  - Warm-up
  - Ball Handling
  - Additional Station Work (Defense)
  - 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
  - *“Whether you think that you can, or think that you can’t, you are usually right.”*

- 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
  - Stationary
    - Machine Gun Feet – Dribble
    - Skip in Place, Through Legs in Front
    - Skip in Place, Through Legs from Behind
  - Moving
    - Run & Kill
    - Walk, Wrap Behind Back
    - Walk, Crossover Behind Back
    - Walk-thru Legs in Front
    - Walk-thru Legs from Behind
    - Walk Backwards, Through Legs (Front)

**2 min**

Water Break

**12 min**

## Additional Station Work

- Defense
  - Fundamental Defense Circuit
    - Close-out
    - Drop-step (and retreat)
    - Shuffle-step (horizontally)
    - Backpedal
  - Zigzag (predictable)
    - Offensive player alternates 3 dribbles each way
    - Offensive's player angle should be 45 degrees
    - Defensive player performs drop and retreat steps
  - Zigzag (unpredictable)
    - Offensive player randomly executes between "1" to "3" dribbles each way
    - Offensive's player angle should be 45 degrees
    - Defensive player performs drop and retreat steps

## **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