



Youth Hoops Basketball Camp – Ball Handling Session 7

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 7th 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 smarter and harder I work, the luckier I get."*

- 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
 - Building Quickness
 - Speed Dribbles
 - Knee high
 - Waist high
 - Super high
 - Kills
 - One-hand kill (starting high w/ one-hand)
 - Kill crossover (starting high w/ one-hand)
 - Kill / Between legs
 - Kill / Behind back
 - Crossover Dribbles
 - Speed crossover
 - Wide crossover

2 min

Water Break

12 min

Additional Station Work

- Inside Play
 - Jump for the ball, part 1
 - Form line at short elbow area
 - Coach throws basketball off backboard
 - Camper rebounds basketball at highest point
 - Grasp basketball with two (2) hands, chin basketball & pivot
 - Pass to next camper
 - Jump for ball, part 2
 - Form line at short elbow area
 - Coach throws basketball off backboard
 - Camper rebounds basketball at highest point
 - Comes down, then goes back up to shoot layup
 - Retrieve ball from basket & pass to next camper

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