



Youth Hoops Basketball Camp – Ball Handling Session 6

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - 6th Session
 - Introduction of Coaches

- Review
 - Warm-up
 - Ball Handling
 - Additional Station Work (Offensive Moves)
 - 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
 - *“Wrong is wrong even if everyone is doing it. Right is right even if no one is doing it.”*

- 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 (Advance)
 - Tap 1, circle the other
 - Tap 1, circle the other and switch hands
 - Figure 8 replacement
 - Front “Vs”
 - Side “Vs”
 - Side “Vs” alternate
 - OPTIONAL: 2 Ball Stationary (Basic)
 - For less-skilled players*
 - Both high
 - Both high alternating
 - Both low
 - Both low alternating
 - High to low
 - Switching hands
 - Switching balls

2 min

Water Break

12 min

Additional Station Work

- Offensive Moves

Start from right wing, then left wing

- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Layup [start from right elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Layup [start from left elbow]

- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Bank-from-the-Block [start from right elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Bank-from-the-Block [start from left elbow]

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