



Youth Hoops Basketball Camp – Shooting Session 3

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 3rd Session
 - o Introduction of Coaches

- Review
 - o Warm-up
 - o Shooting
 - 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 *“Everything you need is already inside of you. Just do it.”*

- Questions

- Group players
 - o 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
- Foundation Dribbles (Motion) – line up on sideline
 - Control
 - High-knee
 - Butt-kick
 - Pound
 - Crossover
- Shooting Stroke Development
 - One Hand Stroke w/ Basketball
 - Two Hand Stroke w/ Basketball
 - Jump Stop, Two Hand Stroke w/ Basketball
 - Left/Right, Two Hand Stroke w/ Basketball
 - Over Front of Rim (1 foot away)

12 min

- Shooting
 - Form Free-throw Shooting
 - Shoot from 3 – 5 feet away
 - Develop routing
 - Feet, elbow, dribble, see rim, dribble & shoot
 - 1 – 2 shots per kid
 - Elbow jump shots
 - 2 spots needed at each elbow
 - Form lines behind each spot
 - If necessary, move spots closer to basket
 - 1 shot per kid, afterwards kid rotate to other side

2 min

Water Break

12 min

Additional Station Work

- Inside Play
 - Break fall
 - Tuck chin

- Smack forearm to basketball court (to dissipate impact)
 - Line campers up side-by-side (arm's length apart) in squat position
 - Fall back on butt and simultaneously tuck chin and smack forearm on ground
- Butt-to-Butt
 - Pair in two's
 - Paired campers should be in "strong" 2-point stance and hip-to-hip or butt-to-butt
 - On coach's command, each camper attempts to move other camper "out-of-imaginary-circle"
 - Have campers go against each other 3 times at approximately 7 seconds each
 - Have campers go 50%, 75% & optionally 100% - don't want them to hurt each other
 - Box-Out Drill
 - Pair campers in two's (one on offense and one on defense)
 - Defender should be between offensive man and basket
 - Coach shoots ball (from free-throw line)
 - Defense boxes out (using front pivot or reverse pivot), while offense proceeds towards basket
 - Have campers go 50%, 75% & optionally 100%
 - *Important: Instruct offensive player to go to either the right or left (makes it easier for defense to implement technique)*

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