



Youth Hoops Basketball Camp – Shooting Session 2

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - 2nd Session
 - Introduction of Coaches

- Review
 - Warm-up
 - Shooting
 - 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
 - *“The quieter you become, the more you can hear.”*

- 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
- 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
 - Spot Jump-Shooting Drill
 - Lay out five (5) spots
 - Form 2 Lines among 5 spots (*start line “1” on spot “1”, start line “2” on spot “3”*)
 - After each person shoots five (5) shots, rotate clockwise
 - Screen shooting (around cone)
 - Layout two (2) cones in short-elbow area
 - Player drops ball, step/pivot around cone and shoot jump shot
 - Five (5) shots from each cone

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