



Youth Hoops Basketball Camp – Shooting Session 1

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - 1st Session
 - Introduction of Coaches

- Review
 - Warm-up
 - Shooting
 - 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
 - *"It does not matter how slow you go so long as you do not stop."*

- 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
 - Banker’s Hours
 - Form two lines (on left & right blocks)
 - Aim for 11 & 1 o’ clock
 - Nothing But Net
 - 2 feet away in front of rim
 - 1 dribble and 2 steps
 - Shoot Ball Straight In

2 min

Water Break

12 min

Additional Station Work

- Offensive Moves
Start from top-of-key

- Throw → Catch → Shot Fake → Right Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Lead (dribble) → Power Layup

- Throw → Catch → Shot Fake → Right Foot Crossover Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Crossover Lead (dribble) → Power Layup

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