



## Youth Hoops Basketball Camp – Shooting Session 6

### 15 min prior to starting

#### Check-in

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

### 10 min

#### Coach Talk

- Welcome
  - 6<sup>th</sup> 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
  - *“No is a really important word, and is used (if necessary) by tough-minded people.”*

- 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
  - Jab-step
    - And shoot
    - Both sides, jabbing with outside foot
  - Quick-shot drill
    - Jab-step, one dribble & shoot
    - Both sides, jabbing with outside foot

**2 min**

Water Break

**12 min**

Additional Station Work

- Defense

- Lane slides
- Zig-zag (shuffle, cut-off, drop-step & shuffle) – pair in 2s
- Zig-zag (shuffle, turn hips (& run), cut-off, drop-step & shuffle) – pair in 2s

**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