



## **Youth Hoops Basketball Camp – Shooting Session 7**

### **15 min prior to starting**

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - 7<sup>th</sup> Session
  - Introduction of Coaches
  
- Review
  - Warm-up
  - Shooting
  - Additional Station Work (Inside Play)
  - 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
  - *“If it is important to you, you will find a way. If not, you will find an excuse.”*

- 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
  - Behind the Back Dribble Drill
    - Dribble, behind-the-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)
  - Pull Back Dribble Drill
    - Dribble, step-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)

### **2 min**

#### Water Break

### **12 min**

#### Additional Station Work

- Inside Play

- Power layup
  - Dribble from wing to basket
  - Perform jump stop
  
- Drop step to baseline
  - Position at low/mid block
  - Drop step
  - Shoot layup
  
- Turn, face defender and jab step
  - Position 3 feet outside of low-block area
  - Forward pivot, jab step and shoot bank shot

### **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