



Youth Hoops Basketball Camp – Offensive Moves Session 1

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 1st Session
 - o Introduction of Coaches

- Review
 - o Warm-up
 - o Offensive Moves
 - o Additional Station Work (Defense)
 - 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 *“You never appreciate your blessings as much until they’re gone.”*

- 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
- Foundational Offensive Moves
(*Layout 5 cones for each grouping – 2x each side per move*)
 - Hesitation
 - Crossover
 - In & out
 - Behind back
 - Between legs
 - Optional: Spin

12 min

- Offensive Moves
(*Start at 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

2 min

Water Break

12 min

Additional Station Work

- Defense
 - Lane slides
 - Zig zag (on air)

- Close-out Circuit
 - Form vertical line within lane starting at dotted circle*
 - Close-out to half court, retreat slide to wing, horizontal slide to opposite wing, then back pedal to baseline

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