



## **Youth Hoops Basketball Camp – Offensive Moves Session 2**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 2<sup>nd</sup> Session
  - o Introduction of Coaches
  
- Review
  - o Warm-up
  - o Offensive Moves
  - o Additional Station Work (Inside Play)
  - 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 *“One who makes no mistakes never makes anything.”*
  
- 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  
(*Lay out 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 inside of right & left wing areas*)
  - Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Layup
  - Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Layup
  - Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Bank-from-the-Block
  - Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Bank-from-the-Block

### **2 min**

#### Water Break

### **12 min**

#### Additional Station Work

- Inside Play
  - Drop step
  - Drop step, up-and-under
  - Reverse pivot, bank shot - *position 2 steps outside low block area*

**10 min**

## Team Offense

- Motion (5-0)
  - o Introduction to motion
  - o 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