



Youth Hoops Basketball Camp – Offensive Moves Session 4

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 4th Session
 - o Introduction of Coaches
- Review
 - o Warm-up
 - o Offensive Moves
 - o Additional Station Work (Shooting)
 - 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 *"It's what you learn after you know it all, that counts."*
- 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
 - Shots off pass (elbow)
(*2 balls / 2 lines*)
 - Offensive player at elbow
 - Defensive player at baseline
 - Defender passes ball to offensive player
 - Defensive player closes out on offensive player
 - Offensive player executes shot fake, takes one dribble then shoots basketball
 - Shots off pass (corner)
(*2 balls / 2 lines*)
 - Offensive player in corner
 - Defensive player at low block
 - Defender passes ball to offensive player
 - Defensive player closes out on offensive player
 - Offensive player executes shot fake, takes one dribble then shoots basketball

2 min

Water Break

12 min

Additional Station Work

- Shooting
 - Triangle Shooting Drill #1
 - One line, start under basket, player dribbles around cone in (short) wing area, turns and shoots (straight-in), gets rebound, repeats on other side
 - Triangle Bank Shot Drill #2
 - One line, start under basket, player dribbles around cone in low-block area, turns and shoots (off backboard), gets rebound, repeats on other side

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