



Youth Hoops Basketball Camp – Offensive Moves Session 3

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 3rd Session
 - o Introduction of Coaches

- Review
 - o Warm-up
 - o Offensive Moves
 - o Additional Station Work (Ball Handling)
 - 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 *“When you lose, don’t lose the lesson.”*

- Questions

- Group players
 - o By age and ability
 - o 8 player maximum per group
- Circle up
 - o Practice hard, practice smart & have lots of fun
 - o “**TEAMWORK**” on 3

15 min

Warm-up

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

12 min

- Offensive Moves
(Cones at each elbow)
 - o Jab step → Shoot jump shot
 - o Jab step → Shot fake → Dribble drive → Shoot layup
 - o Jab step (don't retreat jab step) → Step w/ Jab foot → Dribble drive → Shoot layup
 - o Optional: Jab step → Shot fake → Crossover Step → Dribble drive → Shoot layup
 - o Optional: Jab step → Shot fake → Dribble drive → Step back → Shoot jump shot

2 min

Water Break

12 min

Additional Station Work

- Ball Handling
(Pair campers in 2's – one ball)
 - o Chest pass
 - o Bounce Pass
 - o 1 hand behind body – baseball pass *(catch like lacrosse player)*

(Pair campers in 2's – two basketballs)

- 1 hand passing
 - 2 high
 - 1 high / 1 low
 - 2 low

- Bounce pass / chest pass (each kid performs alternate pass)

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