



Youth Hoops Basketball Camp – Offensive Moves Session 6

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 6th 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 *“Nothing will work unless you do.”*
- 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
 - o Power dribble series
(Campers start at mid-way point between elbow & wing – both sides)
 - Power dribble & go (layup)
 - Power dribble & go (pull-up jump shot)
 - Optional: Power dribble, go & pull-back (pull-up jump shot)

 - Power dribble, spin & go (layup)
 - Power dribble, spin & go (pull-up jump shot)
 - Optional: Power dribble, spin, go & pull-back (pull-up jump shot)

2 min

Water Break

12 min

Additional Station Work

- Inside Play
 - o Rebounding
 - Butt-to-butt
 - Pair in 2's
 - One (1) pair at each elbow
 - Campers should be in strong 2-point stance, with hips/butt attached
 - On coach's command, campers attempt to move each other
 - Allow campers to go for 7 seconds
 - Afterwards, rotate to next pair

 - One-on-one box drill

- Pair in 2's
 - One (1) pair at each elbow
 - One camper is on offense, one is on defense
 - On coach's command, offensive camper either moves right or left
 - Defensive camper, places hand/forearm on offensive camper and executes front pivot to box out
 - Allow campers to go for 5 seconds
 - Afterwards, rotate to next pair
- Jump for the ball, part 1
 - Form line at short elbow area
 - Coach throws basketball off backboard
 - Camper rebounds basketball at highest point
 - Grasp basketball with two (2) hands, chin basketball & pivot
 - Pass to next camper
 - Jump for ball, part 2
 - Form line at short elbow area
 - Coach throws basketball off backboard
 - Camper rebounds basketball at highest point
 - Comes down, then goes back up to shoot layup
 - Retrieve ball from basket & pass to next camper

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