



## **Youth Hoops Basketball Camp – Offensive Moves Session 7**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 7<sup>th</sup> 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 *“One of the highest compliments you can be paid is that you are a person of your word.”*

- 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**

Additional Station Work

- Ball Handling
  - Up & Downs
  - Kills
  - Circle Dribbles
  - Figure “8” Dribble
  - Back & Forth under the Legs
  - Crossover Dribbles
  - “V” Dribble in Front
  - Side “V” Dribble
  - Behind Back Crossover
  - Spider

**2 min**

Water Break

**12 min**

- Offensive Moves  
*(Start between elbow & wing – height: top of key)*
  - Dribble pull-up series

- Dribble, pull-up (jump shot)
- Dribble, hesitation, dribble, pull-up (jump shot)
- Dribble, hesitation, dribble, between legs, pull-up (jump shot)

**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