



Youth Hoops Basketball Camp – Ball Handling & Defense Session 2

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 2nd Session
 - o Introduction of Coaches

- Review
 - o Warm-up
 - Ball Handling
 - o Defense
 - o Additional Station Work (Offensive Moves)
 - 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 *“You can do more good by being good than any other way.”*

- 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
- Ball Handling
 - Moving
 - Control
 - High-knee
 - Butt-kick
 - Pound
 - Power
 - Control / crossover
 - Control / between legs
 - Speed

12 min

- Defense
 - Lane slides
 - Close-out & Zig-zag
 - Close-out from half-court to offensive player (at baseline)
 - Zig-zag (from baseline to half-court)
 - Repeat
 - Take Charge
 - Falling
 - Touch with ball
 - Optional: Coach drives into player (low velocity)

2 min

Water Break

12 min

Additional Station Work

- Offensive Moves

(Start at top of key)

- Throw → Catch → Shot Fake → Right Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Lead (dribble) → Power Layup

- Throw → Catch → Shot Fake → Right Foot Crossover Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Crossover Lead (dribble) → Power Layup

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