



Youth Hoops Basketball Camp – Ball Handling & Defense Session 5

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 5th 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 *“The true measure of who we are is what we do with what we have.”*

- 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
 - Stationary
 - Machine Gun Feet – Dribble
 - Skip in Place, Through Legs in Front
 - Skip in Place, Through Legs from Behind
 - Moving
 - Run & Kill
 - Walk, Wrap Behind Back
 - Walk, Crossover Behind Back
 - Walk-thru Legs in Front
 - Walk-thru Legs from Behind
 - Walk Backwards, Through Legs (Front)

12 min

- Defense
 - Lane slides
 - Close out & Zig-zag w/ no hands (continuous)
 - 1-on-1
 - Pair in 2s (one offensive player & one defensive player)
 - Position at top-of-key
 - Each player should be of equal skill level
 - Defender must play offensive player with hands behind back (emphasis on feet movement and position)
 - Defender should stay between man-and-basket
 - Offensive player gets 5 dribbles and attempts to score
 - Once shot is taken, defender should block out (may use arms and hands at this point)

2 min

Water Break

12 min

Additional Station Work

- 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

10 min

Team Offense

- Motion (5-0)
 - o Introduction to motion
 - o 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