



Youth Hoops Basketball Camp – Ball Handling & Defense Session 4

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - 4th Session
 - Introduction of Coaches

- Review
 - Warm-up
 - Ball Handling
 - Defense
 - Additional Station Work (Shooting)
 - Team Offense
 - Controlled Play

- Expectations (reminders)
 - Be on time
 - Be enthusiastic
 - Be coachable
 - Be focused
 - Try your hardest

- Miscellaneous
 - Check-in first
 - Locations
 - Restroom
 - Water fountain
 - Place trash in trash bins

- Quote of the Day
 - *“As long as you keep getting up, you will never fail. Never give up.”*

- 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
 - 2 Ball Stationary (Basic)
 - Both High
 - Both High Alternate
 - Both Low
 - Both Low Alternate
 - Extra-credit: throw both balls up regain dribble
 - 2 Ball Stationary (Advance)
 - Dribble & Pass
 - Switch Hands
 - Switch Balls
 - One High, One Low
 - Extra-credit: 2 ball wrap-around 2 legs

12 min

- Defense
 - Zig-zag (predictable)
 - Zig-zag (unpredictable)
 - Skip pass defense
 - 2 cones on wings (simulate skip pass by yelling skip)
 - On skip, defender (head under rim) closes out to opposite wing. Afterwards, defender slides to baseline.

2 min

Water Break

12 min

Additional Station Work

- Shooting
 - Spot Jump-Shooting Drill
 - Lay out five (5) spots
 - Form 2 Lines among 5 spots (*start line "1" on spot "1", start line "2" on spot "3"*)
 - After each person shoots five (5) shots, rotate clockwise
 - Screen shooting (around cone)
 - Layout two (2) cones in short-elbow area
 - Player drops ball, step/pivot around cone and shoot jump shot
 - Five (5) shots from each cone

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