



## **Youth Hoops Basketball Camp – Ball Handling & Defense Session 1**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 1<sup>st</sup> Session
  - o Introduction of Coaches
  
- Review
  - o Warm-up
    - Ball Handling
  - o Defense
  - o Additional Station Work (Shooting)
  - 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 *“Pain of disciple. Pain of regret. Your choice.”*

- 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
  - Up & downs
  - Kills
  - Circle dribbles
  - Figure “8” dribble
  - Back & forth under legs
  - Kill crossover
  - Front “V” dribble
  - Side “V” dribble
  - Behind back crossover

**12 min**

- Defense
  - Lane Slides
  - Zig zag (on air)
  - Close-out
    - *Vertical line within lane starting at dotted circle*
    - Notes: Close-out to half court, retreat slide to wing, horizontal slide to opposite wing, backpedal & 3 push ups

**2 min**

Water Break

**12 min**

Additional Station Work

- Shooting
  - Banker’s Hours
    - Form two lines (on left & right blocks)

- Aim for 11 & 1 o' clock
- Nothing But Net
  - 2 feet away in front of rim
  - 1 dribble and 2 steps
  - Shoot Ball Straight In

**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