



## **Youth Hoops Basketball Camp – Ball Handling & Defense Session 3**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 3<sup>rd</sup> Session
  - o Introduction of Coaches
  
- Review
  - o Warm-up
    - Ball Handling
  - o Defense
  - o Additional Station Work (Inside Play)
  - 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 catch more flies with honey than with vinegar.”*

- 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
  - Cupping
    - Cup for as long as you can
    - Around the leg, 1 hand, 2 dribbles
    - Around the leg, 2 hands, 2 dribbles
    - Around the leg, 1 hand, 1 dribble
    - Around the leg, 2 hands, 1 dribble
  - Fingertip Control
    - 1 hand tap around leg
    - Figure 8 tap
    - Sitting w/ legs crossed
    - Lay on a side
    - Lay down, pass under foot

**12 min**

- Defense
  - Lane slides
  - Close-out & Zig-zag (shuffle, cut-off, drop-step & shuffle)
  - Close-out & Zig-zag (shuffle, turn hips (& run), cut-off, drop-step & shuffle)

**2 min**

Water Break

**12 min**

Additional Station Work

- Inside Play
  - Butt-to-butt
  - Box-out drill

- Line up in pairs on wing (one offense, one defense)
  - Next pair proceeds to elbow
  - On coaches command, offensive player either goes right or left
  - Defensive player places hand on offensive player, performs reverse pivot and boxes out
- Close-out & box-out
    - Offensive player at elbow
    - Defensive player at baseline
    - Defensive player passes ball to offensive player, then closes out on offensive player
    - Offensive player shoots ball
    - Defensive player places hand on offensive player, performs reverse pivot and boxes out

### **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