



Youth Hoops Basketball Camp – Ball Handling & Defense Session 7

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 7th 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 *“Tell the truth or someone will tell it for you.”*

- 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
 - Speed Dribbles
 - Super high
 - Waist high
 - Knee high
 - Kills
 - One-hand kill (starting high w/ one-hand)
 - Kill crossover (starting high w/ one-hand)
 - Kill / Between legs
 - Kill / Behind back
 - Crossover Dribbles
 - Speed crossover
 - Wide crossover

12 min

- **Defense**
 - Footwork (Line drills)
 - Front & back
 - Side to side
 - Box drill
 - Clock drill
 - Zig-zag
 - Zig-zag tricky

2 min

Water Break

12 min

Additional Station Work

- Shooting
 - Behind the Back Dribble Drill
 - Dribble, behind-the-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)
 - Pull Back Dribble Drill
 - Dribble, step-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)

10 min

Team Offense

- Read & React

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