



Youth Hoops Basketball Camp – Ball Handling & Defense Session 6

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 6th 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 *“Do not let what you cannot do interfere with what you can do.”*

- 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
 - Build Quickness
 - Around head
 - Around waist
 - Around both legs
 - Around one leg
 - Straddle flip
 - Figure “8”
 - Figure “8” behind back
 - Speed dribbles
 - Knee high dribble
 - Waist high dribble
 - Super high dribble

12 min

- Defense
 - Inside rebounding
 - Front pivot (versus shooter)
 - Pair campers in mid-post area
 - One offense (with basketball), one defense
 - Offensive player has and shoots basketball
 - Defensive player forward pivots, blocks out, finds and pursues basketball
 - Reverse pivot (versus non-shooter on weak-side)
 - Pair campers on weak-side block area
 - One offense, one defense
 - Neither camper has basketball
 - From opposite block area, coach shoots ball

- Defensive player in middle of lane, performing six-shooting
 - On shot, defensive player finds offensive player, reverse pivots, blocks out, finds and pursues basketball
- Perimeter rebounding
 - Pair campers at top-of-key
 - One offense, one defense
 - From short-wing area, coach shoots ball
 - Offensive player (half speed), pursues basketball either going right or left
 - Defensive player does the following:
 - Arm bar (stretch arm out to touch defensive player)
 - As offensive player pursues basketball, defensive player forces offensive player to take an “ARC” path to basket
 - Defensive player turns and pursues basketball

2 min

Water Break

12 min

Additional Station Work

- Inside Play
 - *Positioning*
 - *Position camper at high-mid post*
 - *Camper drops basketball and hops to catch with back facing basket*
 - *Have camper perform moves on both sides (right & left)*
 - Front Pivot 1 (towards baseline)
 - Ball fake towards middle
 - Forward pivot towards baseline
 - Shoot bank shot
 - Front Pivot 2 (towards baseline)
 - Ball fake towards middle
 - Forward pivot towards baseline
 - Perform up & under and shoot layup

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