



## **Youth Hoops Basketball Camp – Shooting & Inside Play 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
  - o Shooting
  - 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 *“Be a blessing to someone today.”*
  
- 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
  
- Foundation Dribbles (Motion) – line up on sideline
  - Control
  - High-knee
  - Butt-kick
  - Pound
  - Crossover
  
- Shooting Stroke Development
  - One Hand Stroke w/ Basketball
  - Two Hand Stroke w/ Basketball
  - Jump Stop, Two Hand Stroke w/ Basketball
  - Left/Right, Two Hand Stroke w/ Basketball
  - Over Front of Rim (1 foot away)

**12 min**

- Shooting
  - Form Free-throw Shooting
    - Shoot from 3 – 5 feet away
    - Develop routing
    - Feet, elbow, dribble, see rim, dribble & shoot
    - 1 – 2 shots per kid
  
  - Elbow jump shots
    - 2 spots needed at each elbow
    - Form lines behind each spot
    - If necessary, move spots closer to basket
    - 1 shot per kid, afterwards kid rotate to other side

**2 min**

Water Break

**12 min**

### Additional Station Work

- Inside Play  
(*Rebounding - organize campers in pair of 2s*)
  - Stop & seal drill
    - “Defensive” camper should engage, seal and hold “offensive” camper
  - Stop, seal & hold away from basketball
    - Basketball is on floor behind “defensive” camper
    - “Defensive” camper attempts to keep “offensive” camper away from basketball for 5 seconds
  - Stop, seal, find ball & secure rebound
    - Line campers (in 2s) at elbow
    - Coach shoots ball
    - “Defensive” camper attempts to box out “offensive” camper and secure rebound

### **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