



## **Youth Hoops Basketball Camp – Shooting & Inside Play Session 2**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - 2<sup>nd</sup> Session
  - Introduction of Coaches
  
- Review
  - Warm-up
  - Shooting
  - Additional Station Work (Inside Play)
  - Team Offense
  - Controlled Play
  
- Expectations (reminders)
  - Be on time
  - Be enthusiastic
  - Be coachable
  - Be focused
  - Try your hardest
  
- Miscellaneous
  - Check-in first
  - Locations
    - Restroom
    - Water fountain
  - Place trash in trash bins
  
- Quote of the Day
  - *“Review your goals twice every day in order to be focused on achieving them.”*

- 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
  - Spot Jump-Shooting Drill
    - Lay out five (5) spots
    - Form 2 Lines among 5 spots (*start line “1” on spot “1”, start line “2” on spot “3”*)
    - After each person shoots five (5) shots, rotate clockwise
  - Screen shooting (around cone)
    - Layout two (2) cones in short-elbow area
    - Player drops ball, step/pivot around cone and shoot jump shot
    - Five (5) shots from each cone

### **2 min**

#### Water Break

## **12 min**

### Additional Station Work

- Inside Play
  - Power layup
  - Drop step layup
    - Camper may drop step, forward pivot or reverse pivot
  - Turn & face bank shot
    - Camper starts from mid-post, extended towards mid-wing
    - Camper turns (front/reverse pivot), faces defender, jab steps & shoot bank shot

## **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