



Youth Hoops Basketball Camp – Shooting & Inside Play Session 5

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - 5th 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
 - *“Today I will do what others won’t, so tomorrow I can do what others can’t.”*

- 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
 - Dribble Drill
 - Corner dribble from wing – both sides
 - Foul line dribble from wing – both sides
 - Self Pass
 - To corner from wing – both sides
 - To foul line from wing – both sides

2 min

Water Break

12 min

Additional Station Work

- Inside Play

- Short corner jump shot
 - Post drops to short corner (on top dribble)
 - Dribbler start at wing
 - Post player starts at mid-post

- Elbow jump shot
 - I-cut (on baseline dribble)
 - Dribbler start at wing
 - Post player starts at mid-post

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