



## **Youth Hoops Basketball Camp – Shooting & Inside Play Session 1**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 1<sup>st</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 *“Whatever happens, take responsibility.”*
  
- 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
  - Banker’s Hours
    - Form two lines (on left & right blocks)
    - Aim for 11 & 1 o’ clock
  - Nothing But Net
    - 2 feet away in front of rim
    - 1 dribble and 2 steps
    - Shoot Ball Straight In

**2 min**

Water Break

**12 min**

Additional Station Work

- Inside Play
  - Butt-to-butt

- Sky high
- Two-handed (defensive) rebound, with pivot
- Two-handed (offensive) rebound, with shot

*(Campers are positioned in lane, 3 feet in front of right/left side of backboard. Coach/player tosses ball off backboard. Camper secures rebound at highest point, landing on solid base.)*

### **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