



Youth Hoops Basketball Camp – Shooting & Inside Play Session 4

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 4th 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 *“Nothing is particularly hard if you divide it into small jobs.”*

- 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
 - Transition/Pressure Lay-up
 - Pair campers in two’s at/near half court
 - Each pair has one basketball (one on offense and one on defense)
 - Defensive player has ball and is positioned at/near half court in corner
 - Offensive player is positioned approximately seven (7) feet in front of defensive player towards basket
 - Defensive player passes ball to offensive player
 - Offensive player catches ball, turns and drives towards basket for layup, while defensive player runs to contest/block shot
 - Rotate campers next time pair is up
 - Euro-step Lay-up
 - Pair campers in two’s at/near half court
 - Each pair has basketball (one on offense and one on defense)
 - Pairs should be parallel, but approximately 10 feet apart
 - Offensive player has basketball, drives towards basket for layup, while defensive player runs to contest/block shot

- Offensive player steps with outside foot, then pushes off that foot back to the inside of defender to finish layup
- Rotate campers next time pair is up

2 min

Water Break

12 min

Additional Station Work

- Inside Play
 - Turnaround baseline (pivot) jump shot
 - Setup at mid-post area
 - Turnaround middle (pivot) jump shot
 - Setup at mid-post area

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