



Youth Hoops Basketball Camp – Shooting & Inside Play Session 7

15 min prior to starting

Check-in

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

10 min

Coach Talk

- Welcome
 - o 7th 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 *“Great minds discuss ideas; average minds discuss events; small minds discuss people.”*

- 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
 - Behind the Back Dribble Drill
 - Dribble, behind-the-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)
 - Pull Back Dribble Drill
 - Dribble, step-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)

2 min

Water Break

12 min

Additional Station Work

- Inside Play

- Jump stop, reverse layup
 - Start from (short) wing
 - Be sure shoulders are square prior to shooting
- Two-dribble power, drop-step layup
 - Start two-steps outside of block

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