



## **Youth Hoops Basketball Camp – Shooting & Inside Play Session 6**

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

#### Check-in

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

### **10 min**

#### Coach Talk

- Welcome
  - o 6<sup>th</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 *“Everyone you will ever meet knows something you don’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
  - Jab-step
    - And shoot
    - Both sides, jabbing with outside foot
  - Quick-shot drill
    - Jab-step, one dribble & shoot
    - Both sides, jabbing with outside foot

**2 min**

Water Break

**12 min**

Additional Station Work

- Inside Play
  - Go Get It Drill
    - Players line up in paint

- Coach throws ball off backboard (ball should come off opposite side of backboard)
- Player should explode and “go get the ball”
- Box-Out Drill
  - Players paired at free throw line
  - One offensive and one defensive player
  - Coach shoots ball
  - Defensive player engages, seals and boxes out
  - Defensive player “go gets basketball”

**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