



Youth Hoops Basketball Camp Day 3

30 min prior to starting

Check-in

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

20 min

Morning Coaching

- Welcome
 - o 3rd Day of Youth Hoops Basketball Camp
 - o Introduction of Coaches

- Goals of camp – what we want you to get out of it
 - o Skill development
 - o Improve basketball IQ
 - o Have fun!

- Review
 - o Station work schedule
 - o Skill development contest
 - o Controlled scrimmage

- 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

- *“The true measure of who we are is what we do with what we have.”*
- 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

Stretching

- 2 Laps
- High leg kicks
- Knee to chest hops
- Toe walk
- Heel walk
- Carioca
- Scorpion
- Core leg kicks
- Push ups
- Bear walk
- 22 (1)

15 MINUTES per STATION

Campers rotate stations every 15 minutes

Stations

15 min

- Ball Handling
 - Build Quickness
 - Arms staggered, drop (or flip)
 - Arms together, drop (of flip)
 - Drop rhythm
 - Behind the head clap
 - Quick touches (above head to waist & back)
 - Throw it through control dribble – use both hands
 - Build Handle

- Hit & palm
- Squeeze & catch
- Around the head
- Around the back
- Around the legs
- Mummy (around the head, back & legs)
- Around the step back
- Figure 8

15 min

- Individual Offense

- Inside moves
 - Power lay-up
 - Drop step (or pivot & shoot layup)
 - Up & under (or pivot, head fake & shoot layup)
 - Optional: Hook shot
 - Optional: Jump hook shot

2 min

WATER BREAK

15 min

- Shooting

- Layups
 - Each side
 - Use two step or jump stop
 - Start from wing
 - Optional: Reverse layup
- Short elbow jump shots
 - Each side
 - Start a little closer to basket
- Short corner jump shots
 - Each side of basket
 - Short corner jump shots

15 min

- Individual Defense

- Zigzag series
 - Zigzag (predictable)

- Zigzag (unpredictable)
- Zigzag (control)
- Slide reaction
 - Coach location (baseline – three point line and ball)
 - Low post block (slide to sideline and back)
 - Back pedal (until coach throws ball up sideline)
 - Player retrieves and drives in for layup
- Advanced Alley-ball
 - Starting point – baseline between lane line and side line
 - Zigzag (unpredictable) to half court
 - Pass ball to coach
 - Offensive player get open to receive pass
 - One pass is made, it is one-on-one

2 min
WATER BREAK

- 15 min**
- Team Offense
 - Motion (5-0)
 - Introduction to motion
 - Front cut
 - Dribble at
 - Post entry / Laker cut pass

15 min
Skills Contest

- Three-point (or long distance) shooting
 - Campers may practice three-point (or long distance) shot for 3 - 5 minutes.
 - For younger groups, virtual three-point shot line may/should be moved closer to basket.
 - Each camper shoots for 45 - 60 seconds. Up to coach's discretion.
 - 2 campers rebound for shooter.

2 min
WATER BREAK

10 min
Fundamental Session – How to Practice by Yourself

- How to practice game shooting by yourself.
 - o Toss the ball out, catch & shoot
 - o Using chair, make move & shoot
 - o Beat the Pro (game goes to 8) – free throws (1 on the make, the pro gets 2 on the miss)

20 min

Controlled scrimmage

- Isolate each group
- Organize each group on equally-skilled teams
- Diagnostic game (Determine permanent teams for exhibition game)

5 min

Camp Meeting & Dismissal

- Quick review of the day's teaching
- Encourage campers to discuss lessons learned (select 3 campers)
- Quote of the Day (solicit camper's participation)
- Handout certifications (skill contest winners)
- Questions
- Circle Up