



Youth Hoops Basketball Camp Day 5

30 min prior to starting

Check-in

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

20 min

Morning Coaching

- Welcome
 - o 5th 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

- *“What you are as a person is far more important than what you are as a basketball player.”*
- 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)

12 MINUTES per STATION

Campers rotate stations every 12 minutes

Stations

12 min

- Ball Handling
 - Dribbling
 - Mummy
 - Side-to-Side
 - Figure 8
 - Control dribble
 - Pound dribble
 - Machine gun (right, left & both)
 - Right Hand, Right Leg

- Left Hand, Left Leg
- Figure 8 Dribble
- Passing (pair in 2's)
 - Chest pass
 - Bounce pass
 - Overhead pass
 - Baseball

12 min

- Individual Offense

- Throw → Catch → Shot Fake → Right Foot Lead (one dribble) → Power Layup (start from top-of-key)
- Throw → Catch → Shot Fake → Right Foot Crossover Lead (one dribble) → Power Layup
- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Layup [start from right elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Layup [start from left elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Bank-from-the-Block [start from right elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Bank-from-the-Block [start from left elbow]

2 min

WATER BREAK

12 min

- Shooting

- Games
 - Knockout
 - Free-throw shooting contest
 - One-on-one contest

12 min

- Individual Defense

- Post defense
 - One-on-one

- High side denial
 - Ball above post player
- Low side denial
 - Ball below post player

2 min

WATER BREAK

12 min

- Team Offense
 - Break-out into teams for exhibition game
 - Organize and go thru warm-ups
 - Final walkthrough

12 min

Skills Contest

- 30-second shootout
 - Each camper must make a shot from the following spots:
 - Right-side lay-up
 - Left-side lay-up
 - Right wing
 - Left wing
 - Middle of lane
 - Camper must make a shot from each spot before advancing to the next spot. If the camper makes a shot from all 5 spots, the camper can shoot from anywhere. Each basket counts as one point. Each camper has 30 seconds.

2 min

WATER BREAK

10 min

Fundamental Session – How to Practice by Yourself

- How to practice dribbling
 - Control
 - Kills
 - Kill crossover
 - Speed crossover
 - Between legs
 - Behind back crossover

- Spider

40 min

Exhibition Game

- Organize teams
- 2-10 minute halves
- Continuous running clock
- Encourage campers to be supportive of campmates

5 min

Camp Meeting & Dismissal

- Quick review of the day's teaching
- Encourage campers to discussed lessons learned (select 3 campers)
- Quote of the Day (solicit camper's participation)
- Handout certifications (skill contest winners)
- Handouts
 - Participation certificate
 - Photo
- Announcements
 - Upcoming camps
 - Thank campers for attending
- Questions
- Circle Up