



Youth Hoops Basketball Camp

Day 1

30 min prior to starting

Check-in

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

20 min

Morning Coaching

- Welcome
 - o 1st 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 biggest mistake a person can make is to be afraid of making a mistake.”*
- 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
 - Ball slap
 - Quick Touches
 - Mummy
 - Figure 8 (no dribble & reverse it)
 - Control Dribble
 - Pound dribbling
 - Butt Kicks
 - Yo-yo dribbles (side to side & up & back)

- Machine gun dribble (each hand & both)
- Right hand, right leg & left hand, left leg
- Figure dribble

15 min

- Individual Offense

- Triple Threat Position / Catching the Basketball
 - Jab step
 - Jab & go
 - Jab & crossover
 - Jab & shoot

2 min

WATER BREAK

15 min

- Shooting

- Lay-ups
 - 2 Lines, each camper has ball
 - Alternate layup shooting
- Power Lay-ups
 - Jump-stop & power it in. Square shoulders to backboard. Afterwards, add shot fakes.
 - 2 Lines, each camper has ball
 - Alternate layup shooting
- Transition Lay-ups
 - Start near half court
 - Coach throws ball, camper runs under ball and shoots layup
- Mikan drill
 - 3 pairs of layups
 - Afterwards, next camper

15 min

- Individual Defense

- Defensive Stances
 - Circuit (close out, drop-step shuffle, side shuffle & back pedal)
 - Zigzag (controlled)
 - Zigzag (unpredictable)

- Machine gun (optional)
- Wall sits (optional)

2 min

WATER BREAK

15 min

- Team Offense
 - Motion (5-0)
 - Introduction to motion
 - Front cut
 - Dribble at

15 min

Skills Contest

- Knockout
 - Play practice game
 - Play actual/real game

2 min

WATER BREAK

10 min

Fundamental Session – How to Practice by Yourself

- Passing
 - Passes
 - Chest
 - Bounce
 - Overhead
 - Baseball passes
 - Pass off of wall
 - Aim for specific target on wall

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 discussed lessons learned (select 3 campers)
- Quote of the Day (solicit camper's participation)
- Handout certifications (skill contest winners)
- Questions
- Circle Up