



## **Youth Hoops Basketball Camp Day 2**

### **30 min prior to starting**

#### Check-in

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

### **20 min**

#### Morning Coaching

- Welcome
  - o 2<sup>nd</sup> 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

- *“No whining, no complaining and no excuses. All of those things are for losers.”*
- 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
  - 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

**15 min**

- Individual Offense

- Crossover
- In & out move
- Between legs
- Behind the back
- Optional: Spin

**2 min**

**WATER BREAK**

**15 min**

- Shooting

- Form Shooting
  - No basketball court
    - Wrist stretching
    - One hand, strong hand (no basketball)
    - Two hands, using guide hand (no basketball)
    - Two hands, with basketball (no drop)
    - Two hands, with basketball (with 1-2 step)
  - Basketball court
    - Nothing but net
    - Two handed layup – using backboard, with basketball (with 1-2 step)
    - Two handed “bank-from-block” – using backboard, with basketball (with 1-2 step)

**15 min**

- Individual Defense

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

- Zigzag (controlled)
- Zigzag (unpredictable)

**2 min**  
**WATER BREAK**

**15 min**

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

**15 min**

Skills Contest

- Free throws
  - If camper misses and camper behind makes free throw, then camper who missed is out. Make it and camper goes to back of line. Keep shooting until one camper is left.
  - Play practice game. Afterwards, contest begins.

**2 min**  
**WATER BREAK**

**10 min**

Fundamental Session – How to Practice by Yourself

- Working on shooting form
  - Wrist stretching
  - One hand, strong hand (no basketball)
  - Two hands, using guide hand (no basketball)
  - Two hands, with basketball (no drop)
  - Two hands, with basketball (with 1-2 step)
  - Nothing but Net (one foot in front of rim)
  - Two handed layup – using backboard, with basketball (with 1-2 step)

**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