



Youth Hoops Basketball Camp Day 4

30 min prior to starting

Check-in

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

20 min

Morning Coaching

- Welcome
 - o 4th 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 Distribute keepsake item (t-shirt, etc.)
 - o Take camp photo (optional)
 - o Exhibition game walk-thru

- 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
 - *“Bravery is not the absence of fear, but the action in the face of fear.”*
- 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
 - Up & Downs
 - Kills
 - Circle dribbles
 - Figure “8” dribble
 - Back & forth under the Legs
 - Crossover dribbles
 - Front “V” dribble
 - Side “V” dribble

- Behind the back crossover

12 min

- Individual Offense

- Pull-up jump shot
 - Sweep ball, 1 dribble, 2 step, pull-up jump shot
- Elbow jump shots (continuous)
- Off-screen shooting
 - Curl & flare (off cone)
 - Setup
 - 2 players start at each block
 - On coach's signal, players shuffle in to touch hands
 - "Curl" around or "flare" off cone at short wing
 - Receive pass from player (or coach) posted at top-of-key
 - Shoot basketball (shot may be layup or jump shot)
 - If player is posted at top-of-key, player at top-of-key gets rebound and passes to shooter (who is now posting at top-of-key)
 - If coach is posted at top-of-key, shooter retrieves rebound, passes to coach and gets back in line (opposite)

2 min

WATER BREAK

12 min

- Shooting

- Foul shot
 - Establish routine: wrist, ball, knees, breath & shot (one shot at time)
 - Positive visualization
 - Good free throw shooters are slow & relaxed
- Nothing but Net (Game)
 - Free throw line or closer
 - Straight-in shot is 3 points
 - Shots going in, but hitting rim is 1
 - Game goes to 11

12 min

- Individual Defense
 - Defensive principle #1 (man & basket)
 - Coach is positioned at top-of-key, with basketball
 - Defensive player should stay between man and basket
 - Also, watch man and ball at same time
 - Drill:
 - 2 players (one offense and one defense) pair up at wing
 - Have offensive player run around, while defensive player stay between man and basket and watch man and ball
 - Defensive principle #2 (man & ball)
 - Coach is positioned at top-of-key, with basketball
 - Wing denial
 - Stay between man and ball
 - On back-cut, open up to defend back door pass
 - Drill:
 - 2 players (one offense and one defense) pair up at wing
 - Defensive player overplays offensive player
 - Offensive player goes back door
 - Coach attempts pass to offensive player
 - 1-on-1 Defense
 - 2 players positioned at blocks
 - Offensive player rolls ball to opposite elbow
 - Defensive player touch opposite block, then runs (and closes-out) to play defense on offensive player
 - Offensive player has 3 to 5 dribbles (depending on age)

2 min

WATER BREAK

12 min

- Team Offense
 - Motion (5-0)
 - Introduction to motion
 - Dribble at
 - North / South
 - Post entry / Laker cut pass

12 min

Skills Contest

- 1-on-1

- The campers line up. First camper at each basket will begin with a check of the ball to the next person in line. Play by the following guidelines:
 - 3-dribble limit for older campers and 5 dribbles for younger.
 - 5-second count and 3-second count is in effect.
 - If player is fouled in the act of shooting, the basket counts.
 - If a player is fouled on the floor, check the ball to the next player in line. Defensive player rotates to back of line.
 - The station's coach officiates the basket.
 - If the offensive player scores, he keeps possession of ball and checks the ball to the next camper in line. The defensive player rotates to the back of the line.
 - If the defensive player stops the offensive player, then he becomes the offensive player and checks the ball to the next camper in line.
 - The offensive player rotates to the back of the line.
 - Play continues for an allotted time. The camper with the most points at the end of time is declared the winner.
 - Campers keep their own score.

2 min

WATER BREAK

10 min

Fundamental Session – How to Practice by Yourself

- How to practice defense by yourself.
 - Machine gun
 - Wall sits
 - Lane slides
 - Jump rope
 - Line jumps
 - Lateral, drop, retreat & forward steps

20 min

Miscellaneous

- Distribute t-shirts
- Take photo
- Exhibition game
 - Organize and setup for walk-thru of exhibition game
 - Game to be played on last day

20 min

Practice / Run-through of 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)
- Announcements
 - o Basketball exhibition game – encourage parents to attend
 - o If applicable, announce upcoming camps
 - o Wear “Youth Hoops” t-shirts on last day
- Questions
- Circle Up