

BASKETBALL

MONDAY-SESSION 1

1-1: Initial Greeting/Ball Familiarity

Have everyone in your group say their name, and their favorite food. Next, split your campers into enough groups so that each group would have a ball when it's their turn to go.

Have each camper with a ball hold the ball with two hands on the side. Have the campers do the following with the ball while you demonstrate:

Toss back and forth between hands

Tap back and forth with finger tips while moving ball up and down

Slap ball nice and hard with hard slaps

Move ball around waist

Move ball around neck

Move ball around ankles

Move ball between legs

Rotate groups and repeat

1-2: Triple Threat and Pivoting

Teach campers proper triple threat and pivoting technique. Have your campers line up across the court facing you, about arms length apart. Next, walk them through each phase of the triple threat:

Triple Threat

Pass

Shot

Dribble

Go through each motion several times, emphasizing to campers which foot should be forward and bending their knees.

Next, have them practice a front pivot and reverse pivot. You can then have some fun with them seeing if they can follow each of your directions as you quickly tell them what action to do.

1-3: Stationary Dribble: Low, Medium, High

Have campers line up in lines across the baseline so that there are equal balls for each group. Have the first campers in each line dribble while standing still. Emphasize them to not slap the ball.

Have the campers practice dribbling at waist level, then big bounces at shoulder height, then low little bounce at ankle height. Rotate campers through this several times, while also having them switch hands if they feel comfortable doing so.



2-1: Dribble Forward Around Cone

Have campers line up in 3-4 balanced lines across the baseline. Set up a cone close to half court.

First camper in each line has a ball. They will simply dribble to and around the cone, then hand the ball off to the next camper. Have campers work on dribbling at their waist, then low, then high on their way down to the cone and back.

2-2: Dribble Weave Through Cones

Next, set up 4-6 cones equally spaced from the baseline to half court. Have campers work on dribbling and weaving around the cones, changing heights of their dribble as you instruct them to do so.

2-3: Dribble Relay

Split campers up into two or three teams. Have them do a dribble relay down to the cone and back. Then have them do a weaving dribble relay. Do three relays per distance, with the ball being dribbled low, medium, or high.

Each win earns one point for the team, the team with the most points will win wristbands.



3-1: Passing; Chest Pass, Bounce Pass

Have campers partner up with a ball. Teach them how to make a proper chest pass by stepping forward and passing the ball, then demonstrate proper bounce pass.

Have campers partner up and practice making passes with one another. Then, you can have them move down the length of the court making passes back and forth to each other.

3-2: Dribble Jump Stop and Pivot

Have campers into 3-4 equal lines on the baseline. Set up a cone for each line about 10 feet away.

First camper in line has a ball. Camper will take two dribbles, jump stop at the cone, then turn, pivot, and pass the ball back to the next camper.

3-3: Shooting Form

Have campers all face you and demonstrate to them proper shooting technique without a ball. Have them go through each phase of the balance, elbow, eyes, and follow through. (BEEF)

Next, have campers line up in equal lines against the wall, and have them practice shooting a ball against the wall 3-4 times, then give the ball to the next camper in line. Rotate this as many times as necessary.



1-1: Shooting Spots

Have campers line up in lines around the hoop, and let them practice taking shots on the hoop. First camper shoots, gets their rebound, and hands the ball to next camper. Let each camper get 5 shots each then rotate spots on the floor.

Emphasize proper form, younger campers may need to use both hands when shooting.

1-2: Dribble Jump Stop Shoot

Have two lines of campers on the wings. Have them take two dribbles, come to a jump stop, then shoot the ball. Give each camper plenty of chances to do this, then rotate and switch sides.

Emphasize balance on the jump stop and proper shooting form.

1-3: Rebounding; Solo and Blocking Out

Have your campers line up behind the free throw line. One at a time, have them face the basket and have them rebound a ball you toss off the backboard. Emphasize to them timing their jump and coming down and securing the ball.

Next, you can have them practice backing their back into you holding the pad while you toss the shot up for the rebound. Make they emphasize backing up and staying between you and the basket.



2-1: Group Defensive Stance

Show the campers as a group proper defensive stance technique. Knees bent, hands up. Have the campers all face you, and slowly move from side to side so that they know how to shuffle and follow you.

Next, you can then move forward and backward, having them maintain their technique. Emphasize knees bent and spacing.

2-2: One on One defense; Close Out and Trace

Demonstrate to campers proper close out technique by chopping their feet when they approach a ball handler. Next, show them how to follow the dribbler, then trace when the ball is picked up.

One at a time, have campers toss you a ball, out on the wing, then close out, follow you (point), and trace the ball when you pick it up.

Emphasize to campers not to get too close, and to keep their hands up.

2-3: Help Side/Deny Defense

Show campers how to deny the person they are guarding when the ball is one pass away.

Have one camper with the ball at the top of the key, and another one the wing. Have one camper play defense on the camper on the wing, by staying close to him and pointing to both the ball and man. When his man catches the ball, have him switch to on ball defense. When his man passes it, have him switch back to off ball defense.

For the U12 campers, they can learn the deny when they are one pass away, and you will position a third camper on the opposite wing and have your defensive camper get used to being in help-side defense in the middle of the key.



3-1: Pivot and Pass with Defense

Have campers line up in a single file line on the baseline. One at a time, they will dribble twice, then come to a jump stop. You will then play defense on them, they must learn to pivot, and pass to their teammate around you, by either passing over head, or bounce passing.

You can also have a second camper play defense, but make sure they aren't trying to constantly make the steal.

Emphasize, pivoting to find a passing lane to the next camper.

3-2: Bounce Pass to Lay-ups

Have two lines and on each elbow of the free throw line. Have 3 balls in one line. Campers from both sides will simply go, and the line with the ball will bounce pass it to the next line. After each side has gone twice, move the lines farther away from another.

Emphasize the bounce pass to be on target for the receiver.

3-3: Spot Shooting Games

Split your campers into two lines, and let them have shooting competitions against one another at various spots on the court. Team that has the most points after all of the rounds wins a wristband.

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WEDNESDAY-SESSION 1

1-1: One Knee Shooting, Shooting Against Wall

Split your campers into a line for each ball or pairs. Have campers get on one knee, and practice shooting the ball upwards to themselves to focus on technique. After this, have campers then transition to shooting against a wall back to themselves. Give each camper 5 shots, then rotate to the next camper or partner.

1-2: Bank Shots

Have campers form lines on opposite side of the low block. Emphasize using the glass to bank shots in. Have each camper shoot several times, then switch lines.

1-3: Dribble Jump Stop Shots

Have campers in two lines on opposite wings. Have them dribble, then jump stop into a bank shot. Emphasize balance and control when stopping and shooting.



2-1: Team Defense, 2 on 2, 3 on 3

Split campers up into groups of 2. Have 2 on 2 on the court, while you hold the ball at the top of the key. Have the offensive team move around the court, while the defensive team tries to stay close to them. When you say freeze, everyone freezes, and you check out everyone's defensive positioning.

You can then put them into groups of 3, and check out everyone's defensive positioning as well when you say freeze. Rotate after every freeze.

Emphasize campers staying between their man the basket as best as they can at all times.

2-2: 2 on 1 Fast Breaks

Have campers make two lines at half court. You will have one line start with the ball, as the first pair comes down the court. As the coach, you will either make a play on the dribbler, or their open teammate. Teach campers to read the situation, and either pass if they get defended, or to score if they are left unguarded.

2-3: Floor Spot Recognition

Have campers in a line across the baseline. Set cones at the wing, free throw line, block, elbow, and key. One at a time, have campers come out. The first time through, you'll point to each spot when you say it, and the camper must hustle to that cone.

The second time through, you will say the name but not point to see if campers remember. You may then point if they need help.

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WEDNESDAY-SESSION 3

3-1: Free Throw Line Up

Teach campers how to properly line up for a free throw. Split them up into groups of 4, using the green pennies. Show them where they need to line up for a free throw, and how to properly block out.

Rotate the group through several free throw situations and help with any alignment and timing.

3-2: In-bounding the Ball and Spacing

Practice running campers through in-bounding situations. Teach them to not just all crowd to the ball and yell "Here!"

Split campers into groups of 4. For baseline in bounds, teach them to stand at the free throw line, then quickly cut to one of the sides of the in-bounder, or to the wing. Give each camper an instruction, and see if they can get open.

Do the same for sideline plays, with at least one of the campers running into the backcourt.

3-3: Shooting Contests

Split campers into two lines, and have them compete in shooting contests in various spots. Winning team gets a point for each round won. (Have them go to 10 makes) Team with the most points after the rounds wins wristbands.

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THURSDAY-SESSION 1

1-1: 2 on 1 Fast Breaks

Have campers make two lines at half court. You will have one line start with the ball, as the first pair comes down the court. As the coach, you will either make a play on the dribbler, or their open teammate. Teach campers to read the situation, and either pass if they get defended, or to score if they are left unguarded.

1-2: Dribble Relays

Split campers up into two or three teams. Have them do a dribble relay down to the cone and back. Then have them do a weaving dribble relay. Do three relays per distance, with the ball being dribbled low, medium, or high.

Each win earns one point for the team, the team with the most points will win wristbands.

1-3: Bounce Pass Lay-Ups for Time

Split the campers into two lines on the elbows. Give them 1 minute and see which team can make the most lay ups in that time. Award a point for each victory, team with the most points wins wristbands.

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THURSDAY-SESSION 2

2-1: Shooting Contests

Split campers into two lines, and have them compete in shooting contests in various spots. Winning team gets a point for each round won. (Have them go to 10 makes) Team with the most points after the rounds wins wristbands.

2-2: Rebounding Games

Split campers into two teams using the pennies. Have 3 campers on the court representing one team. Have them move about randomly, and when you shoot a miss, they must get the rebound without it letting the ball bounce twice.

Award a point for each time they secure a rebound successfully. First team to 10 points wins wristbands.

2-3: Bump

Line the campers up at the top of the free throw line (or closer) and have them play Bump. Teach them the rules first.

Remember, this is not knock out, so you cannot knock another players ball with yours!

Award a wristband for the winner



3-1: Buzzer Beaters

Have campers line up on the far wing. Bounce them a ball, and have everyone countdown from 3 seconds. Campers must try and make the shot before time runs out.

Repeat this, and give campers as many chances as possible to go through, going from various spots on the court.

3-2: Longest Shot Games

Set up a cone close to the hoop. Give each camper 5 tries to try and make a shot from there. If they do not make it, they do not advance to the next round. Once each round is over, move the cone further back. See how far you can move it back until you have one winner. Award a wristband to the winner.

3-3: Free Throw Competitions

Have campers line up around the free throw line. Give them 5 shots for the first round. As you advance to each round, reduce the number of shots by one. For example, round 1 is 5 shots, round 2 is 4 shots, etc. Go until you have the last camper remaining.

If two campers make it on the round of 1 shot, or all campers miss it on the round of one shot, keep repeating until you have a winner.

BASKETBALL



FRIDAY-SESSION 1

1-1:

Choose a set of general drills to run your campers through, to get them warmed up for the Skill Games in Session 2.

BASKETBALL



FRIDAY-SESSION 2

2-1: Skill Contest

Campers will begin by dribbling through a zig zag of cones. Then, they will stop, and must complete a bounce pass to a stationary camper. After that, they will pick up another ball, and dribble in for a lay up, or try a free throw (based on age) they get one attempt, and must grab their rebound. After that, they will then dribble through another series of cones, and finish with one more lay up at the end.

2-2: Super Shooter

For one :30-:45 seconds at a time (depending on group size) campers will have 5 spots to make shots from, each with points (two lay ups, two elbow, and one long from straight on) lay ups are worth 1 point, elbows worth 3, long range worth 5. Mark these areas with tape, and keep track of the campers score during the super shooting. This score can be recorded, and you can advance top 3-4 scorers to a final round.