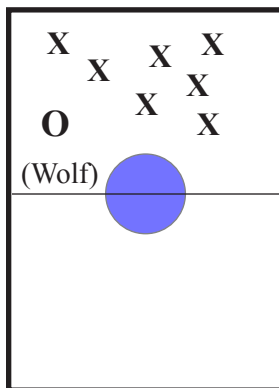


Monday

Session #1: Dribbling & Ball Handling

Warm-Up Game: Sheeps and Wolves

Play this drill on one half of the court. One player (O) is the wolf, the others (X) are the sheep. The wolf must dribble the ball around the court trying to tag the sheep. If a sheep is tagged or runs out of bounds, they become a wolf until only one sheep is left.



Introduction to Ball Handling

The head coach instructs and demonstrates to the entire group.

Finger Tip Control - Show that the ball does not touch the palm of the hand.

Stay Low - Show the proper knee bend and straight back position.

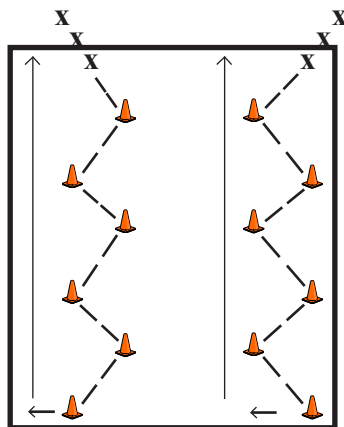
Protect the Ball - The ball is dribbled close to the body. Use the off arm as a shield.

Head Up - This position allows the player to see the court and other players.

Split the campers into teams and assign coaches. This will be their team for the entire week. Pick team names.

1. Cone Dribble

Divide the players into their teams along the baseline. Have the first player in each line dribble with his/her right hand to the first cone. The player should zigzag from cone to cone, acting as though the cones are defenders. When they reach the last cone, have them dribble straight back to their line. The next camper in line starts when the player ahead reaches the third cone.



Three Ways to Change Direction:

1. Crossover - The offensive player dribbles the ball from one side of his body to the other as if he is going to move in that direction, then switches the ball back to the other side of his body to catch the defensive player off balance.

2. Reverse Pivot - Dribble hard with your right hand toward the defender, then stop with your left foot forward and planted. Make a swift 180-degree pivot off your left foot. Switch hands half-way through the rotation and dribble with your left hand instead. As soon as your back faces the defender, do another 180-degree pivot off your right foot and you will be facing the hoop again.

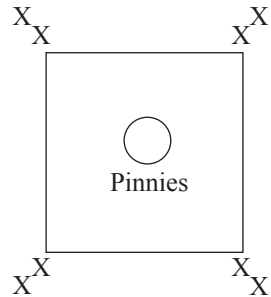
3. Between the Legs - Dribble hard up to the defender and plant the opposite foot of the hand you are dribbling with. Once the foot is planted, push the ball between your legs. After receiving it in the opposite hand, explode in the opposite direction.

2. What's my number?

Use the same pattern as in the drill above (Cone Dribble). After everyone has been through the line three times in the cone drill described above, put a coach at the last cone and have the coach hold his hand high in the air with between one and five fingers displayed. As the players dribble they must call out the number of fingers raised. This forces players to keep their heads up when they dribble.

3. Pinny Pickup

Place your teams into the four corners of the court. Each team will have one ball. All the pinnies (jerseys) will be piled in the center of the court. While still dribbling, the players must bend down and pick up one of the pinnies and return back to their team. Hand the pinny to the coach and give the ball to the next player. Continue until all the pinnies are recovered, only taking one pinny at a time.



Variations:

1. Assign point values to different colored pinnies. The team that collects the most points wins.
2. Have the players put the pinnies on after they pick them up, then as the teams keep going players could be wearing multiple pinnies at one time!

Session #2: Dribbling & Ball Handling

1. Stationary Ball Handling

These are good skills to teach at the beginning of the second session because the players have seen during the first session, some of the skills they are weak in doing. These are also drills the players can work on at home.

Figure 8

Spider Drill

Around the Waist

Ball Drop

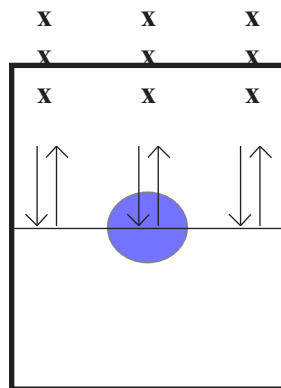
Machine Gun

Around the Legs

Finger Tip Pushups

2. Dribbling Relays

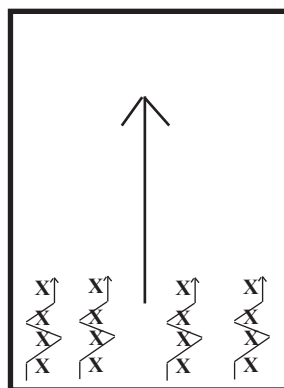
Set up two or more teams at the baseline. The first player in each line dribbles to half court with his/her strong hand and returns dribbling with his/her weak hand. The first team to have all players finish wins. In the second drill, the players dribble to half court with their weak hand and return dribbling backwards with their strong hand. The first team to have all players finish wins.



NOTE: Instead of having players hand the ball to the next person in line, have them dribble to the back of the line and roll the ball between their teams legs to the front person.

3. Caterpillar Weave

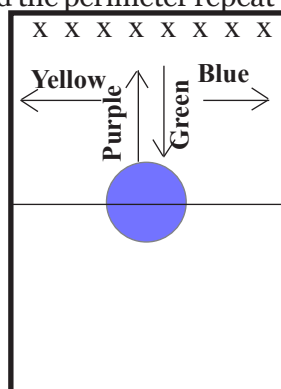
Use two balls for this drill. Line the teams up single file along the baseline. Start one ball at the front of each line and the other at the back. The ball in front is passed back over the heads of the players. The player in the back of the line dribbles forward weaving his/her way through the other players. When the ball reaches the front, it is passed backwards and then dribbled to the front. Continue the drill until the team has “inched” its way forward to the end of the court. Have team coaches help with spacing the campers out



Variation: Have the teams jog in a line around the perimeter repeating the same drill.

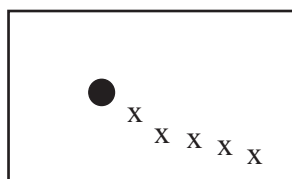
4. Red Light - Green Light

Have all the players start side by side at the baseline. Be sure they are not bunched too closely together. Each player has a ball. When the coach shouts “green light”, the players dribble forward. If the coach shouts “blue light”, they dribble left. If the call is “yellow light”, they dribble to the right. A “red light” call means stop. A “purple light” means dribble backwards. The players maintain their dribble throughout the drill.



5. Follow the Leader

A coach or older player begins dribbling the ball around the court anywhere he wants. The campers follow with their ball mimicking every move the leader makes.



● = The coach or leader
X = Players with a ball

Session #3: Dribbling & Ball Handling

1. King of the Hill

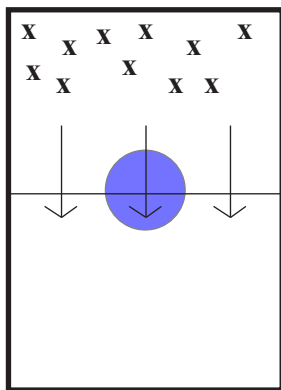
Divide by age groups. Set boundaries depending on the size of the group. Every player has a ball and begins dribbling within the designated area. The players, as they dribble, attempt to knock their opponent's ball out of play eliminating that player. The last player in is King of the Hill. Players may not pick up their dribble; if they do, they are out. You will need to relax some rules for the younger group.

Variations:

1. Players hold hands with a teammate. One person dribbles the ball while the other tries to knock the ball away from their opponents. Teammates cannot let go of hands!
2. Each team has their own competition, then selects one person to represent them in the winner's circle.

2. Ball Scramble

The drill begins with every player dribbling a ball within a designated area - usually on half of the court. On the coach's command, everyone drops their ball and runs to a designated area and returns. While the players are running the coach removes one ball. The player without a ball is out. Reduce the playing area as you get fewer players. Continue the game until there is a winner. When a player is out he can practice stationary ball handling on the sideline.



3. Lay-ups

Begin with no steps, concentrating on releasing the ball off the correct foot.

- Progress to one step
- Progress to a dribble approach
- Team competition - first team to make 10 shots wins

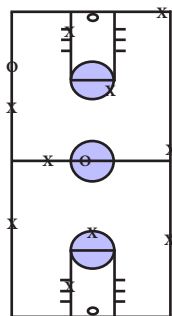
Tuesday

Session #1: Review & Shooting

- **Review four key points to dribbling**

Warm-Up: Pac Man

This game will only work if there is a court with lines. Select two campers to be “it” and have them each put a pinny on. The campers spread out with a ball on any line. On the whistle they will begin dribbling, making sure to stay on the lines. Once a pac man tags them, they will sit and become a road block. Play until only two campers remain and have them be the next pac man.



X = dribblers

O = pac man

Notes:

1. Dribblers cannot jump over road blocks. They must turn around. The pac man can jump over road blocks.
2. Pick at least one strong dribbler to be a pac man.
3. Have the campers play once without a basketball to help demonstrate the rules of the game.

- **Select either “Sheeps and Wolves” or “King of the Hill” to continue warm-up.**

- **Continue to have the campers work through the cone dribble, working on all three ways to change speed and direction.**

Introduction to Shooting

Follow the BEEF principle. (The head coach demonstrates all these shooting techniques with the entire group.)

Balance: The shooter's feet are shoulder-width apart and square to the basket.

Elbow: The shooting elbow should be up and straight under the ball.

Eyes: The shooter's knees are slightly bent and then fully extended along with the arm at the time of release. The shooter's eyes remain on the target throughout the entire motion.

Follow through: The shooter's wrist is bent (cocked) backwards in preparation for the release. As the ball is released the wrist is snapped forward. Think of it like the person taking a cookie out of the cookie jar off a high counter.

1. Form Practice

- Have the campers get one partner and one ball. One camper lies on their back and practices the BEEF form into the air, while their partner catches the ball and then hands it back to them. Have each camper do ten then switch.
- Have the campers stand about 12 feet across from each other and practice shooting back and forth. First without jumping and then adding a jump. Focus on form, especially their follow through.

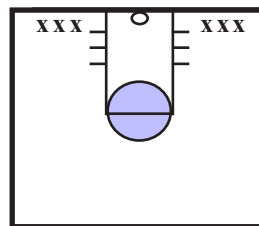
2. Shooting 101 [one ball, two people]

One player starts with the ball under the basket. The other player spots up from any spot on the floor. The ball is passed to the shooter who catches the ball low with his knees bent and shoots a jump shot. The shooter gets his own rebound while the passer now spots up and takes a pass from the rebounder and shoots. Each set of two players follows this same pattern. Multiple shooters can be on one hoop at the same time. Players should be in constant motion and get many shots.

Session #2: Shooting

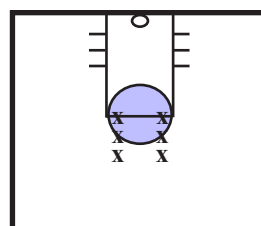
1. Team Ball

Divide the teams into two groups and line them up on the baseline about 8 feet from the hoop. Each line has a ball. The first player shoots the ball and gets his/her own rebound. Pass the ball to the next player in line. Count the “makes” out loud. The first team to make 10 wins. Switch sides and play again. You can also change spots on the court.



2. 21

This is a variation of Team Ball. The two teams start from the corner of the foul line. The game begins when the first players shoot. If they make a basket it counts as two points. They can then rebound the ball and make a second shot from where they rebound for an additional point (3 in all). If the shooter misses the first shot he/she can rebound the ball before it hits the ground and try to make a basket for one point.



Note: After a missed first shot, the ball may not hit the ground to be able to make the second shot. Pass back to the next player in line. The first team to 21 points wins.

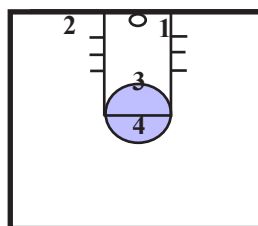
3. Knockout

Line the entire team up in a single line at the free throw line. The first two players in line have a ball. The first player in line shoots a free throw, the second player in line shoots immediately after the first player. If the first player misses their free throw, they must rebound the missed free throw and make a shot or lay-up before the second player makes a shot. If the second player makes a shot before the first player does, the first player is out. If the first player makes his shot before the second player he passes the ball back to the next player in line and goes to the back of the line. The next player in line tries to make his shot before the second player. This continues until there is only one player left.

Session #3: Fun & Games

1. Hot Shot

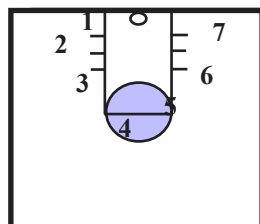
Place cones at the four locations, each cone represents a different point value from 1-4. Works best if each team can go to a different hoop. Each camper gets one minute to see how many points they can get. As they make a shot from a spot they receive that many points. If they shoot from each of the spots at least once they get a bonus two points.



Tip: If you are working on an outdoor court, sidewalk chalk works great to put the actual point value down on the ground and then you do not have to worry about the campers moving the cones.

2. Rainbow

To play rainbow, set up seven small cones around the hoop. A team lines up at the first cone and the first person shoots. If he/she makes it the team moves to the next cone. If it is a miss the next person in line shoots until someone makes it. The team who completes all seven the quickest wins. Set up each team at a different hoop if possible. Arrange the seven cones at appropriate distances so the teams can be successful and encourage their coaches to participate.



3. Modified Scrimmage [3-on-3]

Set up scrimmage situations with individual teams: 2v2 or 3v3. Teams are not playing against each other today. **This is a teaching situation.** The coaches need to be in complete control of the scrimmage. Enforce a 3-5 dribble limit to allow for more teamwork to occur. Many of the campers will not have game skills.

Wednesday

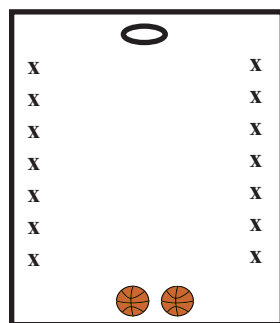
Session #1: Review & Passing

1. Dribbling Tails

This drill is played like King of the Hill with a few changes. Set it up like King of the Hill, but have each player tuck a pinny in the back of their basketball shorts, thus a tail. Every player in the designated area begins to dribble. The object is to pull the tail out of an opponents shorts. When the tail is pulled that player must sit down on the court. The players sitting may still play by pulling the tail of a player dribbling by as long as they remain seated. The game continues until only one player is left.

2. Steal the Basketball

Divide the teams into two equal groups. Line the teams up along the sidelines facing each other. Number the players 1 through ?. Two basketballs are placed on flat cones at the end of the two lines. The coach calls out a number and the player from each line with that number runs and grabs one of the balls. The players then dribble toward the basket. The first player to score wins. Reset the balls and call out two new numbers. Set a point total to win. You can set other perimeters for the older kids.



Introduction to Passing

- Always step toward the target.
- All passes should hit the target in the chest.
- Always follow through. Show how the hands spread outward with the thumbs pointing down.

Three types of passes we will learn this week:

Chest Bounce Overhead

Session #2: Passing

1. Pair Up

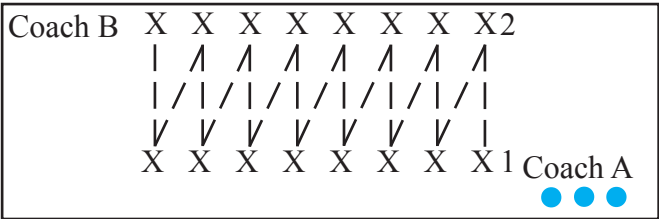
Have the players pair up standing about 6-7 feet apart. Work on all three passes. This is a coaching time. Do not spend more than five minutes total on this drill.

2. Two-Ball Pass

Keep the players in their same formation. Add another ball to each group. One partner will bounce pass and the other will chest pass. Then have them switch. After they have done each pass, have them alternate each pass. Focusing on good passing form and staying focused on which pass they are to do.

3. Passing Weave

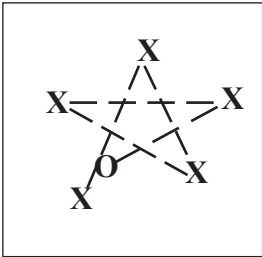
Coach A tosses a ball to Player 1 who makes a chest pass to Player 2, etc. As soon as Player 1 makes the pass to Player 2, the coach tosses another ball to Player 1. Players will need to make an accurate pass and then look immediately for another pass. The last player tosses the ball to Coach B. Coach B rolls the ball back through the middle to Coach A who starts the ball again.



4. Star Drill

Head Coach sets up a demonstration to all players. This will be a team competition.

Player “O” begins with a chest pass to the player second to his right and follows the pass to replace the player he passed to. Each

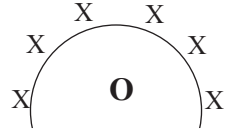


player continues to pass to the second player on his right and follow his own pass to that position. The team that gets player “O” back to his original position first wins.

Repeat with a bounce pass going to the left instead of the right.

5. Pepper Drill

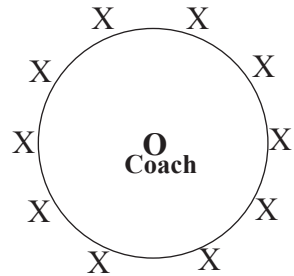
Form the players in a semi-circle around one player. The player in the middle should be one step inside the semicircle. The player in the middle and the player on one end of the semicircle each have a ball. Working clockwise, the player in the middle passes to the first player without a ball. As soon as the pass is made, the player in the middle looks for a pass from the first player with the ball. He passes to the next player without a ball and receives a pass from the second player. When you reach the last player in line go back in the other direction. Rotate player in the middle.



Session #3: Passing & Games

1. Clap Catch

The leader stands in the middle with the campers in a circle around him. The leader, in a random order, starts making a pass to each camper. The camper must clap his hands before he catches the ball. If there is no clap that camper sits down. If the leader fakes a pass and the camper claps, he must also sit down. Continue until you have a winner.



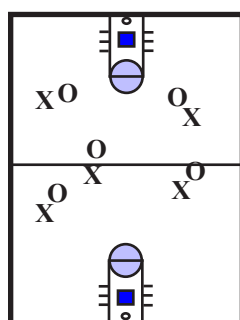
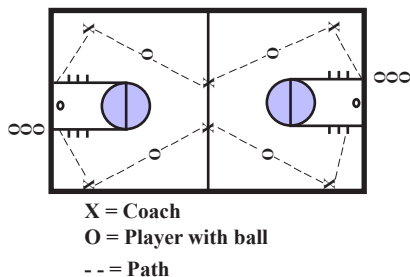
2. Continuous Pass - Dribble - Lay-Up

This drill is run with two groups of players simultaneously moving down the court, one on each side of the court and going towards opposite baskets (see the diagram below).

To start, there will be a player in each corner, a player under each basket with a ball, and a player standing on each side of the center circle. This is a passing drill that will start with the player under each basket and wind-up with that player making a layup at the opposite end of the floor.

The players under each basket will begin the drill by passing to the right corner. That player will sprint up the floor and receive a pass back. The next pass will go to half court. The player will continue to sprint up the floor and receive the pass back. The next pass is to the other corner (on the other end of the floor). The player will receive the ball back and make a layup. That player will then go to the corner to the left.

Position the church volunteers at the X position to be the passers.



3. Aerial Basketball

In this game there is no dribbling allowed. A team scores by making a **chest pass only** to a teammate who is sitting in a chair in the lane. You can play 3v3, 4v4 or 5v5. No player may enter the lane. The players move up and back by making passes to one another.

Thursday

Session #1: Review & Defense

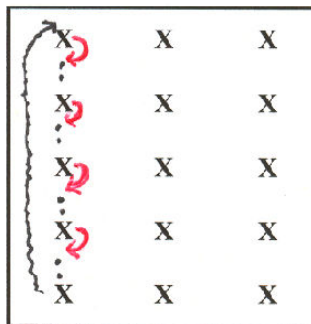
1. Shooting 101 [two ball, three person]

Similar to Tuesday, but add one additional person and one additional ball.

2. King of the Hill

3. Pass - Pivot - Relay

Line up several teams evenly with about seven or eight feet between players. Each player is lined up with his/her back to the next player in line. The first player pivots and makes a chest pass to the next person in line, who pivots and does the same. When the ball gets to the end of the line, the last player dribbles to the front and the other players shift back one spot. This continues until all the players have returned to their original positions.

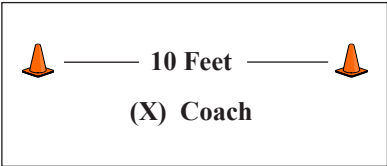


4. Introduction to Defense

- Weight on the balls of the feet - stay low.
- Weight evenly distributed.
- Legs bent - knees out.
- Rear end down - set the anchor!
- Back straight.
- Head up.
- Hands out.
- Lead foot and hand toward the ball.
- Back hand and foot toward passing lane.
- Jab and slide (never cross your feet).

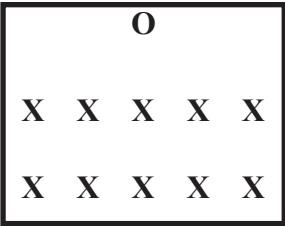
4. Sidewinder

Place two cones ten feet apart. On the coach’s signal, players move laterally to touch one marker and then move in the opposite direction to touch the other marker. To make it competitive, count the number of times each player touches both cones in a set amount of time.



5. Mirror the Coach

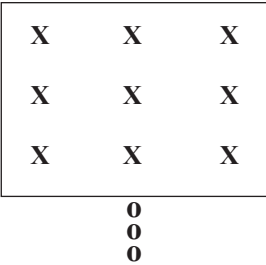
The coach “O” faces the players who are in lines. The coach yells “Ready” and the players drop into the defensive position and yell “Defense”. The coach begins to slide side to side. The players in correct defensive position move in accordance with the coach. Have all your coaches checking correct hand and foot positions. After a few times, have the campers take turns up front leading the others.



Session #2: Defense

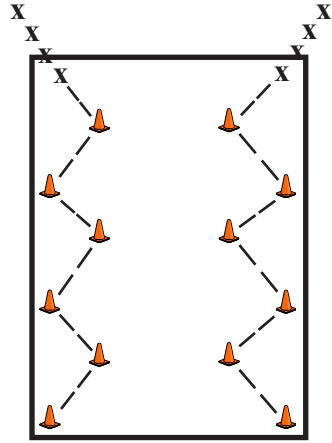
1. The Gauntlet

Three defenders are spread out at the foul line. (One in the middle and one at each foul line extended.) Another three defenders are spread out similarly at half court and a third set of three at the opposite foul line. A line is formed under the near hoop with at least three good ball-handlers. On the coach’s whistle, one dribbler tries to break each line of defense without committing a violation. Once a dribbler is past the first foul line, the coach blows his whistle for the next dribbler to begin. This will keep the drill active.



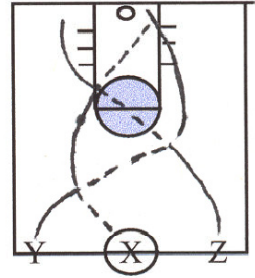
2. Partner Cone Dribble

Each camper should get one partner and one ball. One player is dribbling through the cones, working on their crossover, reverse pivot and between the legs. The other camper is on defense, working on slide-stepping between the cones, making sure to stay between their player and the basket they are defending. The defense is not trying to steal the ball, they are simply working on being in the right position and staying low.



3. Three-Man Weave

Player (X) begins with the ball. He/she makes a pass to player (Y) and runs behind player (Y). Player (Y) makes a pass to player (Z) and runs behind player (Z). Player (Z) then makes a pass to player (X) and runs behind player (X). Player (X) makes a pass to player (Y) who then takes a lay-up shot.



Session #3: Scrimmage

1. Continuous Pass - Dribble - Lay-Up

2. Scrimmage

Allow the campers to play full court today. Split by age and gender if possible. Be sure coaches are coaching and refereeing.

Friday

Session #1 & #2: Games

1. Dribbling Tails

2. King of the Hill [team competition]

3. Sheeps & Wolves

Play a few normal rounds then choose a coach to be the final wolf. Set a certain amount of time for the coach to try to tag all the sheep (campers). If he tags all the sheep in the allotted time, all the campers have to do pushups. If the coach does not get all the sheep, all the coaches do pushups.

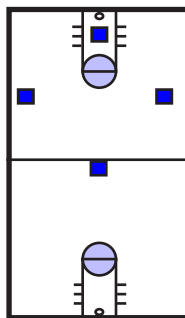
4. Dribbling Relays

5. Team Ball or “21”

6. Steal the Basketball

7. Baseball Basketball

This game is a lot of fun and works well in a gym. The players are divided into two teams. One team is batting and the other in the field. The batter throws the basketball anywhere he/she wants on the court and starts to run. Set up bases on the court as diagramed. The batter needs to circle the bases before the defense makes a basket at any basket on the court. Any player on defense can make only one out per inning. Switch every three outs.



8. Knockout Camp Champ

Have each team play a game and send their winner to the championship. The champion from each team plays one game of knockout for the ultimate camp championship.

9. Scrimmage

Allow teams to scrimmage each other (5 v 5) for a specified time period with using substitutions every few points. This allows the campers to get ready for coaches vs. campers.

Session #3: Game

Coaches vs. Campers

During this session the campers will have the opportunity to play against the coaches. If you have multiple courts divide the campers and coaches into multiple teams and have them switch at halftime. If you just have one court, have all the campers and coaches on the court at a time. If the number of campers is too many, divide them into two teams and have them switch every quarter.

Tips:

1. Stress the importance of teamwork to the campers. Do not allow any of them to be a ball hog.
2. Stress the importance of good sportsmanship to both the campers and the coaches.
3. Keep time on your watch so that you can manipulate it if necessary.
4. Be sure to talk with the coaches prior to the game so that they understand that the campers will win.
5. Keep the game close.

Coaching Tips

Using a whistle during camp can be a great tool to save your voice and keep control of things happening in camp. A great way to introduce this is to teach simple cues for campers to follow on Monday. For example, one whistle always means “go” and two whistles mean “stop”.

After Sheeps and Wolves on Monday, have the campers line up shortest to tallest and number them off. Choose an even number of campers so that when you scrimmage every team has someone to play against. Assign teams to coaches and have them choose a team name for the week.

Free shooting time of about 2-3 minutes before each session helps the campers focus a little better when you pull them back in to start a new drill.

Older campers with advanced skills can help you demonstrate new drills when they are introduced.

Set up drills ahead of time if you can. Also keep lines as short as possible. If you are playing a drill where people get “out” (King of the Hill, Clap Catch, etc) give the campers a skill to work on while they are waiting for the next game. Stationary ball handling is always a good choice.