

Y outh Basketball Camp – Practice Plan for _____

- 1) Role Call: Run 2 Laps, Stretching exercises
- 2) Ball Handling:
 - Basic Drills
 - Dribble around Cones
 - Full Court Dribbling (right, then left hand)
 - Basic 2-Ball Dribbling drills
- 3) Passing Drills:
 - Basic Bounce / Chest pass drills (pair up the players)
 - Full Court passing drill (moving side to side passing ball)
 - 2-Ball passing drill (one player bounce passes, the other chest passes)
 - Basic "Weave" passing drill (pass and run behind)
- 4) Shooting Basics / Drills:
 - Basic form (follow through / reach in cookie jar)
 - Practice shot using basic form
 - Shooting Competition – 2 lines, first team to 15?
 - Basics of the Free Throw
 - Basics of the Lay-Up
- 5) Review of the Fundamentals:
 - Traveling, Double Dribble, etc.
 - Triple Threat Position
 - Using a Pivot Foot
 - Fouling – How many, don't reach, etc.
- 6) Defense Basics:
 - Basic Defensive Stance
 - Step-Slide Drill (Sideline to Sideline)
 - Mirror Drill (pair up the players, one moves the other tries to follow – stay in defensive positions the whole time)
- 7) One on One Competitions
- 8) Hot Shot Contest (how many baskets in a one minute period)
- 9) Games – Make up the teams, player rotation, etc.
- 10) End the day with a "cheer" at mid court! (Great job, etc)

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