

# Youth 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)**