

# SAMPLE CAMP PRACTICE PLAN

**1) Role Call:** Run 2 Laps, Stretching exercises (teach the importance of stretching)

**2) Ball Handling: Teach proper stance, techniques first...**

- Basic Drills
- Dribble around Cones
- Full Court Dribbling (right, then left hand)
- Basic 2-Ball Dribbling drills

**3) Passing Drills: Teach the players to look the ball into their hands.**

- 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) – no basketball
- Practice shot using basic form – with basketball
- Shooting Competition – 2 lines, first team to 15?
- Basics of the Free Throw
- Basics of the Lay-Up (2 steps and up, etc)

**5) Review of Basic Basketball Fundamentals:**

- Traveling, Double Dribble, etc.
- Triple Threat Position
- Using a Pivot Foot
- Fouling – How many you get, don’t reach, etc.

**6) Defense Basics:**

- Basic Defensive Stance (sitting position, arms up and out, hands up).
- Step-Slide Drill (Sideline to Sideline).
- Mirror Drill (pair up the players, one moves the other tries to follow).

**7) One on One Competitions** (explain the basics, keep track of wins).

**8) Hot Shot Contest** (how many baskets in a one minute period).

**9) Knock Out** (a fun game to break up the day a little).

**10) Competition / Games** – Make up the teams, player rotation, etc. Have the players come up with their own team names, get them involved.

**11) End the day with a “cheer” at mid court! (Great job, etc).**