



Coaches Training Guide to Sports Camp

Equipment Needed:

- Something to use as cones or targets - water bottles, plate, Frisbees, or shoes.
- Wall a solid wall to use as a target and a partner
- Basketball or any ball that size

Basketball

- Skill 1 – Warm-up Court Dribble
 - Use your warm up to practice your skills
 - As the athlete jogs around the court, have them dribble an imaginary basketball. Have them stop and pretend to shoot the imaginary ball towards a basket
- Skill 2 – Shooting Form
 - Right handed – left foot forward, right foot back
 - Right arm elbow bent at a 90 degree angle, left hand can help you balance the ball
 - Extend your right arm shooting the ball up and out towards the basket
 - Left handed – reverse the arms and legs
 - Remember to focus on the shot
 - Practice your shooting form 10 times
- Skill 3 – Dribble Through
 - Practice dribbling the ball with one hand in front of you as you stand in one place.
 - Practice dribbling the ball from right hand to the left hand while you stand in place
 - Now add movement
 - Set a cone down for a start line, then one 15 ft in front of you
 - Dribble to the cone one handed
 - Turn around and come back to your starting cone
 - Add in players!
 - Set out more cones approximately 3 ft apart
 - Dribble one handed and when you get to the cone, dribble but this time change hands so you can pass the defender cone
 - Weave in and out of the cones using both hands.
 - Practice this skill 10 times

Basketball Continued

- Skill 4 – Passing Drills
 - Chest Pass – with partner or wall
 - Strong base! Spread feet shoulder width apart
 - Holding the ball with 2 hands
 - Bring the ball to your chest
 - As you step forward, extend your arms forward pushing the ball straight out in front of you
 - Practice the chest pass 5 x with the left leg stepping forward and 5 times with the right leg stepping forward
 - Bounce Pass – with partner or wall
 - Strong base! Spread feet shoulder width apart
 - Holding the ball with 2 hands
 - As you step forward, Bring the ball to your waist and throw the ball down and out towards the wall or partner
 - The ball should bounce one time before it reaches you partner or wall.
 - Practice 10 times
- Skill 5 – Defense
 - Drill
 - Stand with a wide stance, slightly wider than shoulder width
 - Bend with your knees
 - Slightly bend your back
 - Place your arms in the air (remember you are defending your basket)
 - Step to the right, then have your left leg follow
 - Your feet should not touch
 - Continue this skill for 5 steps
 - Then return to where you started by stepping with your left foot first.
 - Practice this sequence 5 times, remember to have the athlete speed up as they become more comfortable moving this way
- Skill 6 – Lay up
 - From a dribble
 - Push off your left leg as you lift your right knee up
 - At the same time, lift your right arm that is holding the ball above your head and push the ball up towards the basket.
 - Remember to focus on the push and the shot.
 - Practice this skill 5 times then switch side and use your left arm and leg.