



Hoop It Up Basketball Camp

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

JUMP START

S P O R T S

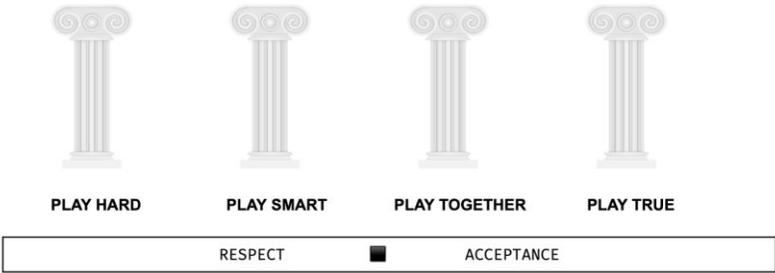
Camp Overview "Hoop It Up Basketball Camp"	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	"A fun and engaging basketball camp for kids in grades 1-6! Young athletes will develop skills like dribbling, shooting, and teamwork through exciting drills and games. Open to all skill levels, this camp focuses on building confidence, fitness, and a love for the game in a positive environment."
Theme of each day	Day 1: Dribbling and Passing, "Pre-Season" Games Day 2: Shooting, Form Team, Form Teams in "NBA Draft", Preliminary Games Day 3: Defense and Rebounding, "Regular Season Games" Day 4: Offensive Skills and Strategies, "Playoffs" Day 5: Individual Skills Competitions and Tournament Finals Hot Shots Dribble Knockout Shooting Knockout
Sources	Depository of JSS Camp games Final Camp Themes

JUMP START SPORTS

Day 1 Dribbling and Passing, "Pre-Season" Games

<u>Day 1; Arrival (9-9:15am)</u> : Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 1; Daily Convocation (9:15-9:30am)</u>
--

<p>Daily Convocation</p>	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> <p>RESPECT ACCEPTANCE</p> </div> <ul style="list-style-type: none"> •
<p>Equipment needed</p>	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
<p>Areas of focus</p>	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • Coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True • Coaches will use the following speech at each convocation: • Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes” • Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves

	<ul style="list-style-type: none"> ○ Name, favorite sport, favorite team ● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of <ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ■ Treat others the way you would like to be treated ■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ● What does acceptance mean to you <ul style="list-style-type: none"> ○ Be respectful of ALL PEOPLE, even those who are different than you ○ Use examples of being respectful of others who look different or have different skill level than you have. ● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates,congratulate them when they make a good play. Don't worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
--	---

Script

"Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for

everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!

Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!

Character:

One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.

Now, let's talk about Acceptance.

What does acceptance mean to you? Let's hear your thoughts.

Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate!

Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."

Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!

Today we will be learning...

- 1) Dribbling*
- 2) Passing*
- 3) "Pre-Season" Games*

Day 1 only--Play a "get to know you" game with the group (5 minutes)

	<p><i>Ball Toss Introduction Game for names</i></p> <ul style="list-style-type: none"> ● How to Play: Use a soft ball (like a beach ball or foam ball). Toss it to a camper, who says their name and a fun fact about themselves (e.g., “Hi, I’m Emma, and I love pizza!”). They then throw the ball to someone else. ● Why It Works: Encourages active participation and quick thinking. <p><i>High-Five Huddle Game</i></p> <ul style="list-style-type: none"> ● How to Play: Call out a category (e.g., "favorite color is blue" or "likes basketball"). Campers who match must run to the middle and high-five each other before running back. ● Why It Works: Promotes quick thinking and energetic movement.
--	--

Day 1; Session 1 (9:30-10:15am): (Dribbling fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble stationary ● Dribble while moving ● Dribble Under pressure
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Hand and Finger Control <ul style="list-style-type: none"> ○ Use fingertips and finger pads to control the ball, not palm slapping ○ Spread fingers wide when dribbling ○ Keep hand relaxed but firm on the ball ● Body Positioning <ul style="list-style-type: none"> ○ Keep head up and eyes forward while dribbling ○ Maintain an athletic stance with knees slightly bent ○ Dribble the ball low, just a few inches off the ground ● Essential Dribbling Principles <ul style="list-style-type: none"> ○ Hand Usage: Practice dribbling with both hands equally ○ Elbow Movement: Use the elbow to control ball height and direction ○ Purpose: Every dribble should have a specific purpose, not just random bouncing

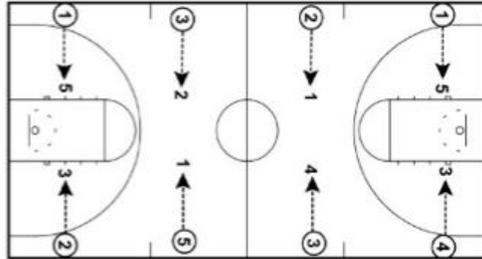
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● If there are four coaches, then set up the court into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
<p>Activity description</p>	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p>Add in a fun <i>basketball warmup</i> that brings together skills that the players can work on. (5 minutes)</p> <ul style="list-style-type: none"> ● Simon Says with basketball movements ● Freeze tag while dribbling <p><i>Stations</i> (32 minutes) Rotate after 8 minutes</p> <p>Station 1: Hand and Finger Control</p> <ul style="list-style-type: none"> ● Layout: Set up a circular area with cones, about 15 feet in diameter. <ul style="list-style-type: none"> ○ Ball wraps around waist (2 minutes) <ul style="list-style-type: none"> ■ Players stand in a circle, wrapping the ball around their waist. ■ Emphasize: "Use your fingertips to control the ball" ○ Figure 8 dribbling between legs (2 minutes) <ul style="list-style-type: none"> ■ Players remain in the circle, dribbling in a figure 8 pattern between their legs. ■ Coach: "Keep your head up while dribbling" ○ Stationary dribbling with fingertips, alternating hands (3 minutes) <ul style="list-style-type: none"> ■ Players spread out within the circle, dribbling in place. ■ Instruction: "Push the ball through the floor with your fingertips". ○ Throw ball up and catch drill (3 minutes) <ul style="list-style-type: none"> ■ Players toss the ball up, clap once, and catch it. ■ Key point: "Spread your fingers wide when catching". <p>Station 2: Body Positioning</p> <ul style="list-style-type: none"> ● Layout: Use half of the basketball court, with players spread out. ● Dribbling with head up, eyes forward (3 minutes) <ul style="list-style-type: none"> ○ Players dribble from baseline to half-court and back. ○ Coach reminder: "Keep your eyes up, looking for

	<p>teammates"</p> <ul style="list-style-type: none"> ● Dribbling in athletic stance, knees bent (3 minutes) <ul style="list-style-type: none"> ○ Players dribble in place, focusing on proper stance. ○ Emphasize: "Stay low, knees bent, ready to move". ● Low dribble practice (4 minutes) <ul style="list-style-type: none"> ○ Players dribble around the half-court, keeping the ball low. ○ Instruction: "Dribble the ball just a few inches off the ground". <p>Station 3: Dribbling Techniques</p> <ul style="list-style-type: none"> ● Layout: Set up a line of 5-6 cones from baseline to half-court. ● Retreat dribble drill (5 minutes) <ul style="list-style-type: none"> ○ Players dribble forward to a cone, then quickly dribble backward. ○ Coach: "Change direction quickly while maintaining control" ● Righty-Lefty drill (5 minutes) <ul style="list-style-type: none"> ○ Players dribble with their right hand to half-court, then switch to left hand. ○ Emphasize: "Practice with both hands equally". <p>Station 4: Game-Like Scenarios</p> <ul style="list-style-type: none"> ● Layout: Use quarter-court with cones set up in a zigzag pattern. ● Dribbling around cones (3 minutes) <ul style="list-style-type: none"> ○ Players weave through cones, changing hands at each turn. ○ Instruction: "Keep your dribble low and controlled as you change directions" ● 1v1 dribbling drill with passive defender (4 minutes) <ul style="list-style-type: none"> ○ Pair players up, one as dribbler, one as passive defender. ○ Dribbler tries to get past defender using learned skills. ○ Coach: "Use your body to protect the ball from the defender"
Video clips	<ul style="list-style-type: none"> ● The Ultimate 5 Minute Ball Handling Workout for BEGINNERS ● How To Teach Dribbling A Basketball To Kids ● Get Your HANDLE Right At-Home Dribbling Workout ● How to Dribble, Basics <ul style="list-style-type: none"> ○ "How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]"

<u>Day 1; Session 2 (10:15-11am):</u> (Passing fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Complete a chest pass ● Complete a bounce pass ● Complete an overhead pass
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Chest Pass <ul style="list-style-type: none"> ○ Hold the ball at chest level with both hands ○ Step towards the target ○ Push the ball forward, extending arms ○ Snap wrists, with thumbs pointing down at the end ● Bounce Pass <ul style="list-style-type: none"> ○ Similar starting position to chest pass ○ Aim for the ground about 3/4 of the way to the receiver ○ Ball should bounce up to waist height of the receiver ● Overhead Pass <ul style="list-style-type: none"> ○ Hold the ball above the forehead with both hands ○ Step forward and extend arms ○ Aim for the receiver's chin or chest area ● Key Techniques <ul style="list-style-type: none"> ○ Use fingertips to control the ball ○ Keep eyes forward and head up while passing ○ Step into the pass for more power ○ Follow through towards the target ○ Practice with both hands equally ● Important Concepts <ul style="list-style-type: none"> ○ Accuracy: Aim for the receiver's chest or waist area ○ Timing: Pass when teammates are open and ready ○ Speed: Deliver crisp, quick passes to avoid interceptions ○ Court awareness: Look for open teammates before passing
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Same setup as the dribbling session ● If there are four coaches, then set up the court into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
<p>Activity description</p>	<p>Campers should already be warmed up from the dribbling session.</p> <p><i>Full group (10 minutes)</i> Partner Passing – Passing Drill</p> <ul style="list-style-type: none"> ● Setup: Players get into pairs and should have one basketball. <ul style="list-style-type: none"> ○ Once the players are in pairs, they must stand on a line parallel from their partner. ● The coach will explain which type of pass they want performed and then the players will pass back and forth to each other. ● Every minute or so the coach can change the type of pass the players are performing or increase the distance they are apart if it's too easy.

- Coaching Points:
 - Make sure you mix up which type of pass you want them to perform (bounce pass, chest pass, one-handed push-pass)



Stations (35 minutes)
Station 1: Basic Passing Form

- Layout: Players pair up,

standing 10 feet apart.

- Chest Pass Practice (3 minutes)
 - Partners practice chest passes
 - Coach: "Step into the pass and snap your thumbs through the ball"
- Bounce Pass Practice (3 minutes)
 - Partners practice bounce passes
 - Instruction: "Aim for the ground about 3/4 of the way to your partner"
- Overhead Pass Practice (4 minutes)
 - Partners practice overhead passes
 - Emphasize: "Start with the ball above your forehead and aim for your partner's chest"

Station 2: Rapid Fire Chest Passing (10 minutes)

- Layout: Players in pairs, starting 2 feet apart.
- Stationary Rapid Fire (5 minutes)
 - One player passes, the other receives
 - Passer takes two steps back after each pass
 - Switch roles after 10 passes
- Moving Rapid Fire (5 minutes)
 - Both players move back with each pass
 - Return to starting position after 5 passes
 - Coach: "Keep your eyes up and step into each pass"

Station 3: Diamond Passing (10 minutes)

- Layout: Four cones in a diamond shape, 10 feet apart.
- Stationary Diamond Passing (5 minutes)
 - One player at each cone, one in the middle
 - Middle player receives and passes to each corner
 - Rotate positions every minute
- Moving Diamond Passing (5 minutes)
 - Players move clockwise after passing

	<ul style="list-style-type: none"> ○ Middle player switches out after 4 passes ○ Instruction: "Call your teammate's name before passing" <p>Station 4: Circle Passing (5 minutes)</p> <ul style="list-style-type: none"> ● Layout: Players form a circle, 15 feet in diameter. ● Around the Circle (2 minutes) <ul style="list-style-type: none"> ○ Pass the ball around the circle ○ Change direction on coach's whistle ○ Coach: "Make crisp passes, no lobs" ● Across the Circle (3 minutes) <ul style="list-style-type: none"> ○ Pass to any player across the circle ○ Receiver must call "ball" before catching ○ Emphasize: "Keep your hands ready to catch"
Video clips	<ul style="list-style-type: none"> ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2

<u>Day 1; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 1; Session 3 (11:30-12pm):</u> (Sharks & Minnows Basketball)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules ● Dribble with the ball in motion ● Avoid a defender
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fair play ● Dribbling with their head up ● Not slapping the ball ● Fun!
Field/court layout	<ul style="list-style-type: none"> ● Normal basketball court
Activity description	<ul style="list-style-type: none"> ● Choose one or two players to be "sharks." The remaining players are "minnows."

	<ul style="list-style-type: none"> • The two sharks stand at one end of the court without a ball. • Minnows line up at the other end, each holding a ball. • The minnows' goal is to dribble the ball from baseline to baseline without the sharks stealing or knocking it away. • Any minnow who loses their ball becomes a shark in the next round. • How to win- the last minnow remaining is the winner. • When you start the next round, the winner becomes the shark.
Video clips	<ul style="list-style-type: none"> • Sharks and Minnows Fun Youth Basketball Drills from the Jr. NBA

<u>Day 1; Session 4 (12-1pm):</u> (Pre-season 3v3 games)	
Equipment needed	<ul style="list-style-type: none"> • 20 youth basketballs • 20 pinnies • At least 6 lowered hoops • 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Incorporate their dribbling and passing skills into small area games
Areas of focus	<p><i>Coaches will emphasize (for dribbling)...</i></p> <ul style="list-style-type: none"> • Hand and Finger Control <ul style="list-style-type: none"> ○ Use fingertips and finger pads to control the ball, not palm slapping ○ Spread fingers wide when dribbling ○ Keep hand relaxed but firm on the ball • Body Positioning <ul style="list-style-type: none"> ○ Keep head up and eyes forward while dribbling ○ Maintain an athletic stance with knees slightly bent ○ Dribble the ball low, just a few inches off the ground • Essential Dribbling Principles <ul style="list-style-type: none"> ○ Hand Usage: Practice dribbling with both hands equally ○ Elbow Movement: Use the elbow to control ball height and direction ○ Purpose: Every dribble should have a specific purpose, not just random bouncing <p><i>Coaches will emphasize (for passing)...</i></p> <ul style="list-style-type: none"> • Chest Pass <ul style="list-style-type: none"> ○ Hold the ball at chest level with both hands

	<ul style="list-style-type: none"> ○ Step towards the target ○ Push the ball forward, extending arms ○ Snap wrists, with thumbs pointing down at the end ● Bounce Pass <ul style="list-style-type: none"> ○ Similar starting position to chest pass ○ Aim for the ground about 3/4 of the way to the receiver ○ Ball should bounce up to waist height of the receiver ● Overhead Pass <ul style="list-style-type: none"> ○ Hold the ball above the forehead with both hands ○ Step forward and extend arms ○ Aim for the receiver's chin or chest area ● Key Techniques <ul style="list-style-type: none"> ○ Use fingertips to control the ball ○ Keep eyes forward and head up while passing ○ Step into the pass for more power ○ Follow through towards the target ○ Practice with both hands equally ● Important Concepts <ul style="list-style-type: none"> ○ Accuracy: Aim for the receiver's chest or waist area ○ Timing: Pass when teammates are open and ready ○ Speed: Deliver crisp, quick passes to avoid interceptions ○ Court awareness: Look for open teammates before passing
Field/court layout	<ul style="list-style-type: none"> ● If possible, have six 3v3 games going at the same time. <ul style="list-style-type: none"> ○ Players will go behind the three point game in order to “check” the ball from Defense to Offense ○ Maximize the amount of game play that campers receive. ● 1 coach should ref and supervise each game while reinforcing the teaching points.
Activity description	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p>Add in a fun <i>basketball warmup</i> that brings together skills that the</p>

	<p>players can work on. (5 minutes)</p> <ul style="list-style-type: none"> ● Simon Says with basketball movements ● Freeze tag while dribbling <p>Gameplay (45 minutes)</p> <ul style="list-style-type: none"> ● Split the campers into groups of 3 with equal sizes, and abilities, if possible ● Give half of the groups pinnies ● Reiterate the basic concepts of dribbling and passing ● Have the coaches spread out to monitor each game ● Play 10 minute games ● Give a 5 minute water break halfway through the session <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon ● Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ "How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]" ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2

<u>Day 1; Session 5 (1-2pm):</u> (Team Handball)	
Equipment needed	<ul style="list-style-type: none"> ● 3 handballs (smaller nerf type balls) ● 6 mini soccer nets ● Whistles ● Cones ● 20 pinnies
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Verbalize the rules of handball ● Effectively play a game of handball ● Reinforce the rules of handball when a foul occurs ● Dribbling ● Passing and Receiving ● Shooting ● Catching ● Defensive Skills ● Teamwork and Positioning
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ "Bounce the ball with your fingertips, not your palm"

	<ul style="list-style-type: none"> ○ "Keep your head up while dribbling to see your teammates" ○ "Dribble at waist height, not too high or low" ● Passing and Receiving <ul style="list-style-type: none"> ○ "Make a target with your hands when catching" ○ "Step towards your teammate when passing" ○ "Catch with soft hands, like you're hugging the ball" ● Shooting <ul style="list-style-type: none"> ○ "Aim for the corners of the goal" ○ "Jump and shoot, releasing the ball at the highest point" ○ "Follow through with your throwing arm" ● Catching <ul style="list-style-type: none"> ○ "Create a big target with your hands" ○ "Watch the ball all the way into your hands" ○ "Catch with your hands, not your body" ● Defensive Skills <ul style="list-style-type: none"> ○ "Stay on your toes, ready to move quickly" ○ "Keep your arms up to block passes and shots" ○ "Stay between your opponent and the goal" ● Teamwork and Positioning <ul style="list-style-type: none"> ○ "Spread out on the court to create space" ○ "Move to open spaces when you don't have the ball" ○ "Talk to your teammates and call for the ball"
Field/court layout	<ul style="list-style-type: none"> ● 3 smaller handball courts with the 6 mini soccer nets set up across the court. ● Cones will be set up in between the courts
Activity description	<ul style="list-style-type: none"> ● Coaches will break up the teams ● One team will wear the pinnies ● Coaches will set a timer of 10 minutes ● Score will be kept ● Teams will be rearranged after 10 minutes ● Games will be played until every team has played all the other teams
Video clips	<ul style="list-style-type: none"> ● The rules of handball explained

<u>Day 1; Session 6 (2-2:30pm):</u> (Basketball research)	
Equipment needed	<ul style="list-style-type: none"> ● Laptop or IPAD ● Wifi access ● Cell phones if no other devices are available ● Poster board ● Markers

	<ul style="list-style-type: none"> ● Pens ● Colored pencils
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together to research about the sport of basketball that they will play this week ● Design a poster that has the most important “fun facts” about basketball ● Color this poster in ● Display this poster at the end of the session and explain it to the other groups
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Accurate sources of information ● The similarities between people around the world ● Respect & Acceptance from Convocation <ul style="list-style-type: none"> ○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ● Be nice ● Don't be mean ● Never bully another person ● Be kind ● Treat others the way you would like to be treated ■ Who should we all be respectful of <ul style="list-style-type: none"> ● Other campers - your peers ● The staff - we are here to help you learn and take care of you ● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ● Treat others the way you would like to be treated ● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ○ What does acceptance mean to you <ul style="list-style-type: none"> ■ Be respectful of ALL PEOPLE, even those who are different than you ■ Use examples of being respectful of others who look different or have different skill level than you have.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers will be broken up by ages and developmental

	<p>level, to the best of the Director and coaches abilities</p> <ul style="list-style-type: none"> ● Each group will have access to a wifi enabled device that they can use ● Each group will have access to posterboard and the drawing utensils listed above
<p>Activity description</p>	<ul style="list-style-type: none"> ● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> ○ Researcher ○ Designer ○ Sketcher ○ Colorer ○ Presenter to the rest of the groups ● Although they will have one official “role”, campers should also take turns getting to do the other roles, such as coloring in <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH</i> (10-15 minutes)</p> <ul style="list-style-type: none"> ● Campers should use academically credible sources to find information out about basketball (.gov, .edu, .org and sources that are considered reputable like britannica and groupal geographic). ● The most interesting information, or “fun facts”, should be assembled ● Campers should aim for 8-12 pieces of information <p><i>DESIGNING & SKETCHING</i> (10-15 minutes)</p> <ul style="list-style-type: none"> ● Campers should design how they want to display this information on their poster board ● They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation ● The design should be sketched in pencil on the poster board <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Coaches will collect all the poster boards as these will be finished later in the week

<p><u>Day 1; Session 7 (2:30-3pm):</u> “Kickball gameplay & Parent Pick up”</p>	
<p>Equipment needed</p>	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Kickball

	<ul style="list-style-type: none"> ● 4 square bases and one home base if no field is easily accessible
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> ● Be checked out safely ● Play kickball
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Kickball field (laid out like a baseball diamond) ● 2 teams. <ul style="list-style-type: none"> ○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the kickball game. ● Director will communicate once all campers have departed.



Day 2

Shooting, "NBA Draft", Preliminary Games

<p><u>Day 2; Arrival (9-9:15am):</u> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs

Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Be checked in • Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> • Professional demeanor • Courteous manner • Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> • Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> • Director and coaches will check in the campers as they arrive. • Other coaches will maintain supervision of unorganized play. • Director will communicate once all campers have arrived.

<u>Day 2; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> </div> <ul style="list-style-type: none"> • <div style="text-align: center;">  <p>RESPECT ■ ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day

	<p>1.</p> <ul style="list-style-type: none"> ● These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers are lined up in rows. ● Coaches will be at the front of the rows. ● Coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes" ● Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves ○ Name, favorite sport, favorite team ● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of <ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ■ Treat others the way you would like to be treated ■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ● What does acceptance mean to you

	<ul style="list-style-type: none"> ○ Be respectful of ALL PEOPLE, even those who are different than you ○ Use examples of being respectful of others who look different or have different skill level than you have. ● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should we all be respectful of? That’s right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let’s talk about Acceptance. What does acceptance mean to you? Let’s hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they’re different from us. We’re all unique, and that’s something to celebrate! Once we “lay the foundation” of character, we want to build the house. We</i></p>

	<p><i>start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Shooting, 2) "NBA Draft", 3) Preliminary Games
--	---

<u>Day 2; Session 1 (9:30-10:30am)</u> (Shooting fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones ● 4 chairs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Shoot with proper technique while stationary ● Shoot with proper technique while moving ● Shoot while under defensive pressure ● Understand proper technique <ul style="list-style-type: none"> ○ Stance and Balance <ul style="list-style-type: none"> ■ Feet Position: Players should stand with their feet shoulder-width apart, slightly staggered, and knees bent to maintain balance. ■ Weight Distribution: Ensure weight is evenly distributed on the balls of the feet to allow for quick movement and stability. ○ Grip and Hand Placement <ul style="list-style-type: none"> ■ Shooting Hand: The shooting hand should be under the ball, with fingers spread wide for better control. The ball should rest lightly on the fingertips, not the palm. ■ Guide Hand: The off-hand (guide hand) should be placed on the side of the ball to

	<ul style="list-style-type: none"> ○ stabilize it but not to push it during the shot. ○ Shot Pocket <ul style="list-style-type: none"> ■ Positioning: As players catch the ball, they should quickly bring it to their "shot pocket," which is typically near the shooting shoulder <ul style="list-style-type: none"> ● This allows for a smoother transition into the shooting motion. ○ Eyes on Target <ul style="list-style-type: none"> ■ Focus: Players should aim at a specific target, such as the back of the rim or a spot on the backboard. This helps improve accuracy by maintaining focus on the target rather than watching the ball ○ Shooting Motion <ul style="list-style-type: none"> ■ Elbow Alignment: The shooting elbow should be aligned with the hoop and kept in close to the body to ensure a straight shot. ■ Release: The shooting arm should extend forward while releasing the ball. A snap of the wrist at release is crucial for imparting backspin, which helps soften the shot's landing on the rim. ○ Follow Through <ul style="list-style-type: none"> ■ Arm Extension: After releasing the ball, players should hold their shooting arm up with fingers pointing toward the hoop, ensuring that they follow through properly. This helps maintain accuracy and consistency in shooting
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Stance and Balance <ul style="list-style-type: none"> ○ "Okay, let's start with your feet! Stand with your feet about as wide as your shoulders. Great! Now bend your knees a little and keep your weight on the balls of your feet. This will help you stay balanced." ● Grip and Hand Placement <ul style="list-style-type: none"> ○ "Now, let's talk about how to hold the ball. Use your shooting hand to lift the ball up. Make sure your fingers are spread wide and the ball is resting on your fingertips, not in your palm. Good! Your other hand should be on the side of the ball just to help steady it." ● Shot Pocket <ul style="list-style-type: none"> ○ "When you catch the ball, bring it right up to your 'shot pocket'—that's near your shoulder. This is where you'll get ready to shoot. Let's practice bringing it up quickly!" ● Eyes on Target <ul style="list-style-type: none"> ○ "Now, look at the hoop! Pick a spot to aim for, like

	<p>the back of the rim or a little mark on the backboard. Keep your eyes on that spot while you shoot!"</p> <ul style="list-style-type: none"> ● Shooting Motion <ul style="list-style-type: none"> ○ "Let's work on your shooting motion. Keep your elbow in close to your body and aim it at the hoop. When you shoot, push the ball up with your arm and snap your wrist like you're reaching into a cookie jar! Remember to keep that elbow straight!" ● Follow Through <ul style="list-style-type: none"> ○ "After you let go of the ball, hold your arm up high with your fingers pointing at the hoop. This is called your follow-through, and it helps make sure you shoot straight!"
Field/court layout	<ul style="list-style-type: none"> ● If there are four coaches, then set up the court into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Stations</i> (40 minutes) Rotate after 10 minutes</p> <p>Station 1: Form Shooting</p> <ul style="list-style-type: none"> ● Set up: Players in pairs, one ball per pair, 5-8 feet from the basket ● Instructions: <ul style="list-style-type: none"> ○ Shooter stands with feet shoulder-width apart ○ Focus on proper grip: dominant hand on the ball, non-dominant hand for support ○ Shoot with a fluid motion, emphasizing elbow under the ball ○ Follow through with the shooting hand, fingers pointing at the target ○ Partner rebounds and passes back ○ Switch roles after 5 minutes <p>Station 2: Chair Shooting</p> <ul style="list-style-type: none"> ● Set up: Chairs placed 4-8 feet from the basket, one ball per player ● Instructions: <ul style="list-style-type: none"> ○ Sit in the chair, focusing on upper body mechanics

	<ul style="list-style-type: none"> ○ Start with the ball at chest level ○ Shoot using proper form, emphasizing smooth release and follow-through ○ Aim for a high arc on the shot ○ Retrieve own rebound and repeat ○ Move chair back 2 feet after every 20 shots <p>Station 3: Jump Shot</p> <ul style="list-style-type: none"> ● Set up: Players in pairs, one ball per pair, 5-8 feet from the basket ● Instructions: <ul style="list-style-type: none"> ○ Shooter stands with feet shoulder-width apart ○ Focus on proper grip: dominant hand on the ball, non-dominant hand for support ○ Jump into the air ○ At the top of your jump, shoot with a fluid motion, emphasizing elbow under the ball ○ Follow through with the shooting hand, fingers pointing at the target ○ Partner rebounds and passes back ○ Switch roles after 5 minutes <p>Station 4: Give and Go Shooting</p> <ul style="list-style-type: none"> ● Set up: Cones in a zigzag pattern leading to the basket, players in two lines ● Instructions: <ul style="list-style-type: none"> ○ First player weaves through cones while dribbling ○ Pass to a coach/partner near the basket ○ Receive a return pass and shoot immediately ○ Focus on proper footwork and shooting form ○ Emphasize being on balance when catching and shooting ○ Retrieve own rebound and join the other line <p><i>Free Throws (10 minutes)</i> Finish the session with 1 minute of free throws, ensuring players maintain proper form even when fatigued.</p>
Video clips	<ul style="list-style-type: none"> ● Basketball Shooting

<u>Day 2: Session 2 (10:30-11am)</u> (Shooting gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 4 lowered hoops

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble in gameplay ● Pass in game situations ● Shoot while under pressure in a game
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ Ball Control: Use fingertips, not palms. ○ Head Up: Maintain visual awareness of the court while dribbling. ○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control. ○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc. ● Shooting <ul style="list-style-type: none"> ○ Proper Form: Focus on balanced stance and hand positioning behind the ball. ○ Repetition: Encourage consistent practice from various distances. ○ Game-Like Scenarios: Create drills that simulate shooting with pressure. ● Passing <ul style="list-style-type: none"> ○ Types of Passes: <ul style="list-style-type: none"> ■ Chest, ■ Bounce, ■ Overhead passes. ○ Accuracy: Emphasize precision in passing to teammates. ○ Decision Making: Do not over handle the ball once a player is open.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● If possible, have two full court games going at the same time. <ul style="list-style-type: none"> ○ If this is not possible, have two cross court games. ○ If this is not possible, have two half court touch up games. ○ Maximize the amount of game play that campers receive. ● 2 coaches/coaches to ref and supervise each game while reinforcing the teaching points.
<p>Activity description</p>	<p>Start with a fun <i>warmup</i> that brings together the skills that the players have just worked on. (5 minutes)</p> <ul style="list-style-type: none"> ● Simon Says with basketball movements ● Freeze tag while dribbling <p>Gameplay (25 minutes)</p> <ul style="list-style-type: none"> ● Split the campers into two groups of equal sizes, and abilities, if possible ● Give half of each group pinnies ● Reiterate the basic concepts of dribbling, passing, shooting,

	<p>and defense</p> <ul style="list-style-type: none"> ● Have the coaches spread out to monitor each game ● Play two 12 minute halves ● Give a 2 minute water break <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon ● Adjust the teams if mismatches occur ● Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ “How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]” ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2 ● Shooting ● Rebounding ● Defensive stance

<u>Day 2: Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 2; Session 3 (11:30-12pm): NBA Draft</u>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboard with all the campers names ● Director should have split up the campers into 6 separate teams of equal sizes and abilities
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Join a team with enthusiasm ● Clap for their fellow campers
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fun of the draft experience ● Supporting the other teams and campers
Field/court layout	<ul style="list-style-type: none"> ● Campers standing in front of the Director ● Coaches facing the campers to organize the campers as

	they are drafted into each team
Activity description	<ul style="list-style-type: none"> • Director will announce the names of the various teams with great enthusiasm • Players will then be “drafted” into each team • Announce the name and hometown of each player with enthusiasm
Video clips	<ul style="list-style-type: none"> • 2023 NBA Draft 1st round

<u>Day 2; Session 4 (12-1pm):</u> (NBA teams shooting competition fundamentals)	
Equipment needed	<ul style="list-style-type: none"> • 20 youth basketballs • 20 pinnies • At least 6 lowered hoops • 20 cones • Clipboard with names of players split up into their NBA teams
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Shoot with proper technique while stationary • Shoot with proper technique while moving • Shoot while under defensive pressure • Understand proper technique <ul style="list-style-type: none"> ○ Stance and Balance <ul style="list-style-type: none"> ■ Feet Position: Players should stand with their feet shoulder-width apart, slightly staggered, and knees bent to maintain balance. ■ Weight Distribution: Ensure weight is evenly distributed on the balls of the feet to allow for quick movement and stability. ○ Grip and Hand Placement <ul style="list-style-type: none"> ■ Shooting Hand: The shooting hand should be under the ball, with fingers spread wide for better control. The ball should rest lightly on the fingertips, not the palm. ■ Guide Hand: The off-hand (guide hand) should be placed on the side of the ball to stabilize it but not to push it during the shot. ○ Shot Pocket <ul style="list-style-type: none"> ■ Positioning: As players catch the ball, they should quickly bring it to their "shot pocket," which is typically near the shooting shoulder <ul style="list-style-type: none"> • This allows for a smoother transition

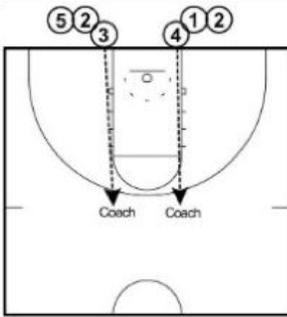
	<p style="text-align: center;">into the shooting motion.</p> <ul style="list-style-type: none"> ○ Eyes on Target <ul style="list-style-type: none"> ■ Focus: Players should aim at a specific target, such as the back of the rim or a spot on the backboard. This helps improve accuracy by maintaining focus on the target rather than watching the ball ○ Shooting Motion <ul style="list-style-type: none"> ■ Elbow Alignment: The shooting elbow should be aligned with the hoop and kept in close to the body to ensure a straight shot. ■ Release: The shooting arm should extend forward while releasing the ball. A snap of the wrist at release is crucial for imparting backspin, which helps soften the shot's landing on the rim. ○ Follow Through <ul style="list-style-type: none"> ■ Arm Extension: After releasing the ball, players should hold their shooting arm up with fingers pointing toward the hoop, ensuring that they follow through properly. This helps maintain accuracy and consistency in shooting
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Stance and Balance <ul style="list-style-type: none"> ○ "Okay, let's start with your feet! Stand with your feet about as wide as your shoulders. Great! Now bend your knees a little and keep your weight on the balls of your feet. This will help you stay balanced." ● Grip and Hand Placement <ul style="list-style-type: none"> ○ "Now, let's talk about how to hold the ball. Use your shooting hand to lift the ball up. Make sure your fingers are spread wide and the ball is resting on your fingertips, not in your palm. Good! Your other hand should be on the side of the ball just to help steady it." ● Shot Pocket <ul style="list-style-type: none"> ○ "When you catch the ball, bring it right up to your 'shot pocket'—that's near your shoulder. This is where you'll get ready to shoot. Let's practice bringing it up quickly!" ● Eyes on Target <ul style="list-style-type: none"> ○ "Now, look at the hoop! Pick a spot to aim for, like the back of the rim or a little mark on the backboard. Keep your eyes on that spot while you shoot!" ● Shooting Motion <ul style="list-style-type: none"> ○ "Let's work on your shooting motion. Keep your

	<p>elbow in close to your body and aim it at the hoop. When you shoot, push the ball up with your arm and snap your wrist like you're reaching into a cookie jar! Remember to keep that elbow straight!"</p> <ul style="list-style-type: none"> ● Follow Through <ul style="list-style-type: none"> ○ "After you let go of the ball, hold your arm up high with your fingers pointing at the hoop. This is called your follow-through, and it helps make sure you shoot straight!"
Field/court layout	<ul style="list-style-type: none"> ● Full court ● Cones at the baselines
Activity description	<p>Director should record the winning NBA team of each of these three drills</p> <p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>21 Cones (15 minutes)</i></p> <ul style="list-style-type: none"> ● Campers are in their established "NBA teams" facing a hoop. ● The cones are equal distance from each basket ● Each time a player hits a shot, they earn a cone for their team. ● Each team has one basketball. ● Players shoot from the designated spot. When a shot is made, the shooter is rewarded by sprinting to the other end of the court to get a cone for their team. ● The team that finishes with the most cones is the winner. ● Coaching Points: <ul style="list-style-type: none"> ○ Everyone must be shooting. Not just the best shooters on each team. ○ If you don't have cones, you could use tennis balls or anything else similar. ○ You can decrease or increase the amount of cones. ● Play three 5 minute sessions.



Pivot Shooting (15 minutes)

- Each basket has a NBA team in front of them, as well as a coach
- Players perform a jump stop on receiving the pass from the coach, pivot around to square up to the basket, and then make a variety of scoring moves.
- Setup:
- Players all start on the baseline in two lines. Every player has a basketball.
- Players will begin the drill by making a chest pass out to the coach in front of them. Immediately after making the chest pass, the player will cut to the free-throw line and the coach will pass the ball back to them.
- After catching the basketball in a jump stop, the player must pivot around and then take a shot
- Coaching Points:
 - Players should not raise up out of their low stance when pivoting.
 - Change up whether your team attacks the rim or takes a jump stop. Keep it interesting.
 - Coaches should record their groups total shots made and then report back to the director after each 5 minute round
- Play three 5 minute rounds



3v2+1 *small area games* (15 minutes)

- Drill Setup (3 minutes)
 - Put 2 NBA teams in front of a low basket with a 3 point line in front of it.
 - Position players:
 - Three offensive players outside the 3-point line, three defenders matching up
- A coach will initiate the play
- Coach passes to an offensive player to start
 - Defender of ball recipient must move outside 3-point line before defending
 - Offensive 3 players have a momentary 3v2
 - Count how many times they can score in the next 15 seconds
 - Then restart the drill
- Switch Offense and Defense after 2.5 minutes
- Coaches should be recording how many points each team gets while on offense
 - The team with the most points “wins” that 5 minute small area game
- Every 5 minutes rotate the NBA teams that are playing against each other
- Director will record which NBA team has the most “wins”

Video clips	<ul style="list-style-type: none"> • Shooting
-------------	--

<u>Day 2; Session 5 (1-2pm):</u> (NBA teams gameplay)	
Equipment needed	<ul style="list-style-type: none"> • 20 youth basketballs • 20 pinnies • At least 6 lowered hoops • 20 cones • Clipboard with campers names and NBA teams
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Incorporate their dribbling, passing, and shooting skills into small area games • Play small area games enthusiastically and fairly
Areas of focus	<p><i>Coaches will emphasize (for dribbling)...</i></p> <ul style="list-style-type: none"> • Hand and Finger Control <ul style="list-style-type: none"> ○ Use fingertips and finger pads to control the ball, not palm slapping ○ Spread fingers wide when dribbling ○ Keep hand relaxed but firm on the ball • Body Positioning <ul style="list-style-type: none"> ○ Keep head up and eyes forward while dribbling ○ Maintain an athletic stance with knees slightly bent ○ Dribble the ball low, just a few inches off the ground • Essential Dribbling Principles <ul style="list-style-type: none"> ○ Hand Usage: Practice dribbling with both hands equally ○ Elbow Movement: Use the elbow to control ball height and direction ○ Purpose: Every dribble should have a specific purpose, not just random bouncing <p><i>Coaches will emphasize (for passing)...</i></p> <ul style="list-style-type: none"> • Chest Pass <ul style="list-style-type: none"> ○ Hold the ball at chest level with both hands ○ Step towards the target ○ Push the ball forward, extending arms ○ Snap wrists, with thumbs pointing down at the end • Bounce Pass <ul style="list-style-type: none"> ○ Similar starting position to chest pass ○ Aim for the ground about 3/4 of the way to the receiver ○ Ball should bounce up to waist height of the receiver • Overhead Pass

- Hold the ball above the forehead with both hands
- Step forward and extend arms
- Aim for the receiver's chin or chest area
- Key Techniques
 - Use fingertips to control the ball
 - Keep eyes forward and head up while passing
 - Step into the pass for more power
 - Follow through towards the target
 - Practice with both hands equally
- Important Concepts
 - Accuracy: Aim for the receiver's chest or waist area
 - Timing: Pass when teammates are open and ready
 - Speed: Deliver crisp, quick passes to avoid interceptions
 - Court awareness: Look for open teammates before passing

Coaches will emphasize (for shooting)...

- Stance and Balance
 - "Okay, let's start with your feet! Stand with your feet about as wide as your shoulders. Great! Now bend your knees a little and keep your weight on the balls of your feet. This will help you stay balanced."
- Grip and Hand Placement
 - "Now, let's talk about how to hold the ball. Use your shooting hand to lift the ball up. Make sure your fingers are spread wide and the ball is resting on your fingertips, not in your palm. Good! Your other hand should be on the side of the ball just to help steady it."
- Shot Pocket
 - "When you catch the ball, bring it right up to your 'shot pocket'—that's near your shoulder. This is where you'll get ready to shoot. Let's practice bringing it up quickly!"
- Eyes on Target
 - "Now, look at the hoop! Pick a spot to aim for, like the back of the rim or a little mark on the backboard. Keep your eyes on that spot while you shoot!"
- Shooting Motion
 - "Let's work on your shooting motion. Keep your elbow in close to your body and aim it at the hoop. When you shoot, push the ball up with your arm and snap your wrist like you're reaching into a cookie jar! Remember to keep that elbow straight!"
- Follow Through
 - "After you let go of the ball, hold your arm up high with your fingers pointing at the hoop. This is called

	your follow-through, and it helps make sure you shoot straight!"
Field/court layout	<ul style="list-style-type: none"> ● If possible, have six small area games going at the same time. <ul style="list-style-type: none"> ○ Players will go behind the three point game in order to “check” the ball from Defense to Offense ○ Maximize the amount of game play that campers receive. ● 1 coach should ref and supervise each game while reinforcing the teaching points.
Activity description	<p><i>Warmup</i> (Players should be warmed up from their previous session.)</p> <p>Gameplay (60 minutes)</p> <ul style="list-style-type: none"> ● Campers will be in their NBA teams ● Give half of the teams pinnies ● Reiterate the basic concepts of dribbling, passing, and shooting ● Have the coaches spread out to monitor each game ● Play 10 minute games ● Each team should play every other team ● Give a 5 minute water break halfway through the session <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon ● Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ “How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]” ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2 ● Shooting

<u>Day 2; Session 6 (2-2:30pm):</u> (“Dribble Knockout” Fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble ● Protect their dribble ● Dribble in movement

	<ul style="list-style-type: none"> ● Dribble under pressure
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ Ball Control: Use fingertips, not palms. ○ Head Up: Maintain visual awareness of the court while dribbling. ○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control. ○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Setup cones around the area the players will be dribbling in. ● This will depend on the amount of players you have but will usually be the three-point line or the 1/3 court line. ● All players must have a basketball.  <p>Playing Area is the 3-Point Line</p>
<p>Activity description</p>	<p><i>Dribbling Knockout (30 minutes)</i></p> <ul style="list-style-type: none"> ● This drill works on ball-handling and protecting the dribble. ● All players dribble around in a small area and the goal is to knock other players' basketball out of the area while keeping your own basketball alive. ● On the coach's call, all players begin dribbling and attempt to knock each other's basketball out of the playing area. ● As more and more players get out, the coach must pause the game and make the playing area smaller. This continues until you have a winner. <p>Coaching Points:</p> <ul style="list-style-type: none"> ● If a player fouls someone else, travels, or double dribbles, they're out. It's the coach's job to keep an eye out for these things. ● Constantly remind players to keep their head up.

	<ul style="list-style-type: none"> • Have a designated area for players that get out or you'll end up with kids everywhere!
Video clips	<ul style="list-style-type: none"> • How to Dribble, Basics <ul style="list-style-type: none"> ◦ "How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]"

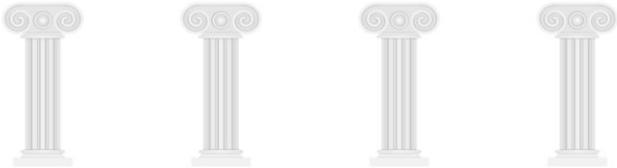
<u>Day 2; Session 7 (2:30-3pm):</u> "Knockout basketball & Parent Pick up"	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • 20 youth basketballs • 20 pinnies • At least 6 lowered hoops
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> • Be checked out safely • Shoot • Play respectfully and ethically
Areas of focus	<ul style="list-style-type: none"> • Professional demeanor • Courteous manner • Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> • Multiple balls at the foul line in front of each lowered hoop
Activity description	<ul style="list-style-type: none"> • Director and coaches will check out the campers as their guardians arrive. • Other coaches will maintain supervision of the knockout games • Director will communicate once all campers have departed.
	<ul style="list-style-type: none"> • How to play knockout



Day 3

Defense and Rebounding, "Regular Season Games"

<u>Day 3; Arrival (9-9:15am)</u> : Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 3; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ● <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> </div> <ul style="list-style-type: none"> ● <div style="text-align: center;">  <p>RESPECT ACCEPTANCE</p> </div>

<p>Equipment needed</p>	<ul style="list-style-type: none"> ● Script (see below) ● Clipboard for script
<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> ● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
<p>Areas of focus</p>	<ul style="list-style-type: none"> ● Campers will be introduced to the convocation and four pillars on Day 1. ● These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers are lined up in rows. ● Coaches will be at the front of the rows. ● Coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes” ● Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves ○ Name, favorite sport, favorite team ● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of

	<ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ■ Treat others the way you would like to be treated ■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. <ul style="list-style-type: none"> ● What does acceptance mean to you <ul style="list-style-type: none"> ○ Be respectful of ALL PEOPLE, even those who are different than you ○ Use examples of being respectful of others who look different or have different skill level than you have. ● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts</i></p>

	<p><i>with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Defense 2) Rebounding 3) "Regular Season Games"
--	--

Day 3; Session 1 (9:30-10:15am) (Defense fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Drop into a proper defensive stance ● Know how to execute a defensive slide ● Know how to move defensively without crossing feet ● Know how to closeout ● Know how to play on-ball defense
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Proper Defensive Stance

	<ul style="list-style-type: none"> ○ "Get low like a frog!" ○ "Spread your feet wide!" ○ "Keep your hands up like you're carrying a big pizza box!" ● Defensive Slides <ul style="list-style-type: none"> ○ "Slide like you're on ice!" ○ "Don't cross your feet!" ○ "Quick feet, like you're dancing!" ● Closeout Technique <ul style="list-style-type: none"> ○ "Run fast, then chop your feet like you're stomping grapes!" ○ "Hands up high to block the sun!" ○ "Stay on your toes, ready to move!" ● On-Ball Defense <ul style="list-style-type: none"> ○ "Watch their belly button, not the ball!" ○ "One hand high, one hand low!" ○ "Stay close, like you're their shadow!" ● 1-on-1 Defense Drills <ul style="list-style-type: none"> ○ "Stay between your player and the basket!" ○ "Move your feet, not your hands!" ○ "Be a mirror - copy their movements!"
Field/court layout	<ul style="list-style-type: none"> ● If there are four coaches, then set up the court into four different stations. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Director Instructions</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Director stands at the front of the group and gives the "Areas of Focus" to the campers <p><i>Station Rotations</i> (32 minutes)</p> <ul style="list-style-type: none"> ● Divide the players into four groups. Each station lasts 8 minutes. <p>Station 1: Defensive Stance and Slides</p> <ul style="list-style-type: none"> ● Defensive Stance Drill: <ul style="list-style-type: none"> ○ Players line up in rows ○ Coach demonstrates proper stance: feet shoulder-width apart, knees bent, back straight, hands up ○ Players hold stance for 10 seconds, rest, repeat 3 times ○ Coach walks around, making adjustments

	<ul style="list-style-type: none"> ○ Key phrase: "Get low like a frog!" ● Defensive Slides Drill: <ul style="list-style-type: none"> ○ Set up two cones about 15 feet apart ○ Players line up behind one cone ○ On coach's signal, players slide to the other cone and back ○ Emphasize not crossing feet and maintaining low stance ○ Key phrase: "Slide like you're on ice!" <p>Station 2: Closeouts and On-Ball Defense</p> <ul style="list-style-type: none"> ● Closeout Drill: <ul style="list-style-type: none"> ○ Players line up at the free-throw line ○ Coach stands at the three-point line with a ball ○ Coach passes to a player who has run to the three-point line ○ Player catches and becomes a shooter ○ Next player in line sprints to close out ○ Key phrase: "Run fast, then chop your feet!" ● On-Ball Defense Drill: <ul style="list-style-type: none"> ○ Players pair up, one on offense (no dribbling), one on defense ○ Offensive player tries to get around defender to touch a cone ○ Defender practices staying in front, focusing on offensive player's midsection ○ Switch roles after 30 seconds ○ Key phrase: "Watch their belly button, not the ball!" <p>Station 3: Dealers choice 1v1</p> <ul style="list-style-type: none"> ● 4 players are lined up around the basket. ● Each has a ball ● A defender is under the hoop ● On the whistle the defender goes out to the player with the ball and plays 1v1 for about 8-10 seconds ● On the coaches whistle the player goes to 1 of the other 3 offensive players ● Continues until the D has played against all four offensive players ● Make sure every player plays D at least once <p>Station 4: 2v1 drill</p> <ul style="list-style-type: none"> ● D player starts at the baseline with the ball ● They dribble up and pass to one of two lines at the three point line ● The offensive players attack from the start of each line ● Play it out for 15-20 seconds ● One of the offensive player becomes the D who starts the next drill ● The other two players get back into one of the 2 offensive lines at the three point line
Video clips	<ul style="list-style-type: none"> ● Defensive stance ● How To Play Defense For Beginners! Basketball Basics + SECRETS

Day 3; Session 2 (10:15-11am) (Rebounding fundamentals)

Equipment needed	<ul style="list-style-type: none">● 20 youth basketballs● 20 pinnies● At least 6 lowered hoops● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none">● Box out● Time their jump● Boxing Out● Positioning themselves off the shot● Secure the Ball● Offensively Rebound
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none">● Boxing Out<ul style="list-style-type: none">○ "Find your opponent": Stress the importance of locating the nearest opponent as soon as a shot goes up○ "Make contact": Encourage players to use their body to establish position between the opponent and the basket○ "Butt on gut": Teach players to use their rear end to create a barrier, keeping the opponent behind them○ "Wide stance": Emphasize a strong, balanced position with feet shoulder-width apart and knees bent○ "Arms out": Instruct players to extend their arms to create a larger barrier● Timing Your Jump<ul style="list-style-type: none">○ "Watch the ball": Remind players to keep their eyes on the ball as it approaches the rim○ "Jump at the peak": Teach players to time their jump to grab the ball at its highest point○ "Anticipate the bounce": Encourage players to predict where the ball will come off the rim● Securing the Ball<ul style="list-style-type: none">○ "Two hands": Stress the importance of using both hands to grab the rebound○ "Chin the ball": Teach players to pull the ball under their chin with elbows out to protect it○ "Strong grip": Emphasize the need for a firm grasp on the ball to prevent it from being stripped● Positioning<ul style="list-style-type: none">○ "Stay between": Constantly remind players to maintain position between their opponent and the basket○ "Feel the opponent": Teach players to be aware of their opponent's movements without looking at them○ "Shuffle to adjust": Encourage players to move their

	<p>feet to maintain good position if the opponent tries to get around them</p> <ul style="list-style-type: none"> ● Hustle and Determination <ul style="list-style-type: none"> ○ "Every rebound matters": Instill the importance of going after every rebound, regardless of size or position ○ "80% effort, 20% skill": Emphasize that rebounding is mostly about effort and determination ○ "Be relentless": Encourage players to keep fighting for position and the ball until it's secured ● Communication <ul style="list-style-type: none"> ○ "Call out 'Shot!'": Teach players to alert teammates when a shot goes up ○ "Talk on defense": Encourage players to communicate with each other about who they're boxing out
Field/court layout	<ul style="list-style-type: none"> ● If there are four coaches, then set up the court into four different stations. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p>Players should already be warmed up from the previous session.</p> <p><i>Director Instructions (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director stands at the front of the group and reiterates the "Areas of Focus" to the campers <p><i>Station Rotations (40 minutes)</i></p> <ul style="list-style-type: none"> ● Divide the players into four groups. Each station lasts 10 minutes. ● Give plenty of water breaks <p>Station 1: "Hit the Floor Rebounding" Drill:</p> <ul style="list-style-type: none"> ● Players lie on their stomachs in the paint ● Coach throws ball off backboard ● On whistle, players jump up and compete for the rebound ● Emphasize boxing out and securing the ball with two hands ● Key phrase: "Jump high and grab the ball with both hands!" <p>Station 2: "Box-Out Drill"</p> <ul style="list-style-type: none"> ● Players pair up, one on offense, one on defense ● Both face the basket ● On coach's signal, defensive player turns and boxes out ● Coach throws ball off backboard ● Players compete for rebound ● Key phrase: "Find your player and push them back!" <p>Station 3: "Wall Rebounding"</p> <ul style="list-style-type: none"> ● Set up: Players face a wall, one ball per player ● Instructions: <ul style="list-style-type: none"> ○ Stand 3-5 feet from the wall

	<ul style="list-style-type: none"> ○ Shoot the ball high off the wall ○ Jump to secure the rebound with proper technique ○ Land in a low, wide stance ○ Immediately go into shooting motion ○ Repeat, focusing on quick transitions and proper form <p>Station 4: The "Rebound Technique" Drill</p> <ul style="list-style-type: none"> ● This drill helps young players focus on the fundamental aspects of rebounding. ● Split the team into two groups, each forming a line on opposite sides of the backboard. ● Each group has one basketball. ● Execution: <ul style="list-style-type: none"> ○ The first player in line passes the ball to themselves off the backboard. ○ They jump and grab the rebound with both hands at the peak of their jump. ○ After securing the ball, they pivot to the outside and pass to the next player in line. ○ The player then moves to the back of the line.
Video clips	<ul style="list-style-type: none"> ● Rebounding

<u>Day 3; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 3; Session 3 (11:30-12pm):</u> ("Pacman" Fun gameplay)	
Equipment needed	20 youth basketballs <ul style="list-style-type: none"> ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none"> ● Play according to the rules ● Utilize the skills they have been working on all week
Areas of focus	<i>Coaches will emphasize...</i> <ul style="list-style-type: none"> ● Dribbling with their head up

	<ul style="list-style-type: none"> ● Communication
Field/court layout	<ul style="list-style-type: none"> ● Normal basketball court with lines
Activity description	<p><i>Dynamic Warmup (8 minutes)</i></p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Pacman (22 minutes)</i></p> <ul style="list-style-type: none"> ● One player is identified as the tagger (Pacman). ● The campers must follow the lines on the gym floor. ● If the tagger (Pacman) tags them, they sit down on the line and become a road block. ● Campers cannot go around roadblocks, except the pacman. ● You cannot “line jump” ● The pacman has to be on the same line in order to tag someone. ● Once all campers are road blocks, then the game restarts.
Video clips	<ul style="list-style-type: none"> ● How to play Pacman

Day 3; Session 4 (12-1pm): (NBA teams regular season)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones ● Clipboard with campers names and NBA teams
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Incorporate their dribbling, passing, defense, rebounding and shooting skills into small area games ● Play small area games enthusiastically and fairly
Areas of focus	<p><i>Coaches will emphasize (for dribbling)...</i></p> <ul style="list-style-type: none"> ● Hand and Finger Control

- Use fingertips and finger pads to control the ball, not palm slapping
- Spread fingers wide when dribbling
- Keep hand relaxed but firm on the ball
- Body Positioning
 - Keep head up and eyes forward while dribbling
 - Maintain an athletic stance with knees slightly bent
 - Dribble the ball low, just a few inches off the ground
- Essential Dribbling Principles
 - Hand Usage: Practice dribbling with both hands equally
 - Elbow Movement: Use the elbow to control ball height and direction
 - Purpose: Every dribble should have a specific purpose, not just random bouncing

Coaches will emphasize (for passing)...

- Chest Pass
 - Hold the ball at chest level with both hands
 - Step towards the target
 - Push the ball forward, extending arms
 - Snap wrists, with thumbs pointing down at the end
- Bounce Pass
 - Similar starting position to chest pass
 - Aim for the ground about 3/4 of the way to the receiver
 - Ball should bounce up to waist height of the receiver
- Overhead Pass
 - Hold the ball above the forehead with both hands
 - Step forward and extend arms
 - Aim for the receiver's chin or chest area
- Key Techniques
 - Use fingertips to control the ball
 - Keep eyes forward and head up while passing
 - Step into the pass for more power
 - Follow through towards the target
 - Practice with both hands equally
- Important Concepts
 - Accuracy: Aim for the receiver's chest or waist area
 - Timing: Pass when teammates are open and ready
 - Speed: Deliver crisp, quick passes to avoid interceptions
 - Court awareness: Look for open teammates before passing

Coaches will emphasize (for shooting)...

- Stance and Balance
 - "Okay, let's start with your feet! Stand with your feet about as wide as your shoulders. Great! Now bend your knees a little and keep your weight on the balls of your feet. This will help you stay balanced."

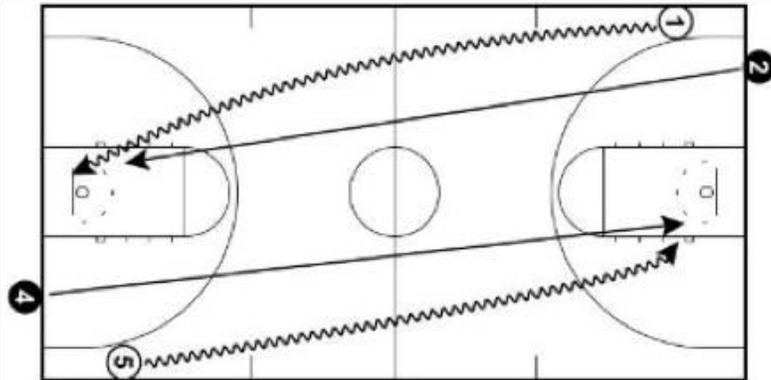
	<ul style="list-style-type: none"> ● Grip and Hand Placement <ul style="list-style-type: none"> ○ "Now, let's talk about how to hold the ball. Use your shooting hand to lift the ball up. Make sure your fingers are spread wide and the ball is resting on your fingertips, not in your palm. Good! Your other hand should be on the side of the ball just to help steady it." ● Shot Pocket <ul style="list-style-type: none"> ○ "When you catch the ball, bring it right up to your 'shot pocket'—that's near your shoulder. This is where you'll get ready to shoot. Let's practice bringing it up quickly!" ● Eyes on Target <ul style="list-style-type: none"> ○ "Now, look at the hoop! Pick a spot to aim for, like the back of the rim or a little mark on the backboard. Keep your eyes on that spot while you shoot!" ● Shooting Motion <ul style="list-style-type: none"> ○ "Let's work on your shooting motion. Keep your elbow in close to your body and aim it at the hoop. When you shoot, push the ball up with your arm and snap your wrist like you're reaching into a cookie jar! Remember to keep that elbow straight!" ● Follow Through <ul style="list-style-type: none"> ○ "After you let go of the ball, hold your arm up high with your fingers pointing at the hoop. This is called your follow-through, and it helps make sure you shoot straight!"
Field/court layout	<ul style="list-style-type: none"> ● If possible, have six small area games going at the same time. <ul style="list-style-type: none"> ○ Players will go behind the three point game in order to "check" the ball from Defense to Offense ○ Maximize the amount of game play that campers receive. ● 1 coach should ref and supervise each game while reinforcing the teaching points.
Activity description	<p><i>Warmup</i> (Players should be warmed up from their previous session.)</p> <p>Gameplay (60 minutes)</p> <ul style="list-style-type: none"> ● Campers will be in their NBA teams ● Give half of the teams pinnies ● Reiterate the basic concepts of dribbling, passing, and shooting ● Have the coaches spread out to monitor each game ● Play 10 minute games ● Each team should play every other team ● Give a 5 minute water break halfway through the session <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon ● Continue to emphasize and reinforce the basic skills

Video clips	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ “How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]” ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2 ● Shooting
-------------	--

<u>Day 3; Session 5 (1-2pm):</u> (Basic Skills recap drills)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble ● Pass ● Shoot ● Rebound
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● All previous areas of focus
Field/court layout	<ul style="list-style-type: none"> ● Normal full court
Activity description	<p>Director will go over the main areas of focus for each skill (8 minutes)</p> <p>Start with a fun <i>warmup</i> that brings together the skills that the players have just worked on. (5 minutes)</p> <ul style="list-style-type: none"> ● Simon Says with basketball movements ● Freeze tag while dribbling <p>Then run these four drills for 12 minutes each</p> <p>Shooting: (12 minutes) “Chase Down Layups”</p> <ul style="list-style-type: none"> ● Chase down layups is used to teach players to finish layups at full speed and with pressure. Since youth basketball is normally decided by which team makes more layups, this is a drill you must use often. ● Setup: <ul style="list-style-type: none"> ○ The drill begins with two lines of players down each end of the floor; one offensive line and one defensive line. ○ One basketball starts at the front of the offensive line at each end of the court. ● The coach starts the drill by bringing the offensive player out from the baseline and gives them an advantage over the

defender who always starts on the baseline.

- It's up to the coach's discretion how far in front the offensive player is.
- We want the offensive player far enough in front that they have to sprint while dribbling down the floor and then when they finish at the rim there's close defensive pressure behind them.
- When they're both set up, the coach calls out 'GO' and both players sprint to the other end of the floor. The offensive player must try and finish at the rim and the defender must pressure the shot without fouling.
- The pair then passes the basketball to the next player in line at their current end of the floor.
- Coaching Points:
 - No fouling. You don't need a major injury while running this drill.
 - Switch sides of the floor so that players are dribbling and finishing with their left hand.
 - Make sure players are attacking the ring at the correct angle.



Dribbling: (12 minutes) "Scarecrow Tiggy"

- Scarecrow Tiggy is a fun drill that involves everyone dribbling around trying to avoid two taggers..
- Setup:
 - Every player starts with a basketball and begins in the half court except two players who will be the 'taggers'.
 - The taggers don't have a basketball and preferably are wearing different colored shirt so that other players can identify them.
- How it Works:
 - The drill begins when the coach calls out 'GO'.
 - The taggers then do their best to tag each player dribbling a basketball.
 - When a dribbler is tagged, they must stand in the

place they were tagged with their legs wide and hold the ball on top of their head. They can be freed by other dribblers by rolling the basketball through their legs.

- This game never has a winner unless the taggers happen to get everyone out at one time (this doesn't happen often).
- Every couple of minutes switch the taggers.
- Coaching Points:
 - Players are not allowed to throw the ball between a teammates legs, the ball must be rolled.
 - Dribblers are not allowed to travel, double dribble, or any other violation. If they do they're out.
 - Change up the amount of taggers and the size of the playing space depending on how many players you have.



Passing: (12 minutes) "Stationary Keepings Off"

- The main goal of this drill is to teach the basics of spacing between players and also to teach decision making on the catch.
- Setup:
 - Select one or two players to be the defenders and get the rest of your players to spread out in a small area like the three-point line.
 - The team on offense will only need one basketball.
- How it Works:
 - When the drill begins, the defenders will run around trying to steal the basketball from the offensive team. The defender's goal is to get a deflection or a steal.
 - The offensive players must stay in one space and pass the ball around to each other keeping the basketball away from the defenders.
 - After a minute or two, swap the defenders over.
- Coaching Points:
 - Allow the defenders to sprint around wildly. They'll

have fun.

- Encourage the offensive team to make quick decisions when they receive the basketball.
- Make sure everyone is getting a turn to pass on offense. If they're not, join in the game and pass them the basketball.



Gameplay: (12 minutes) "3 on 3 flow"

- Minimum of 10 players, divided into two teams of 5 each
- 3 players from each team start on the court
- Remaining players wait in the baseline corners
- One team begins with the basketball
- The team with the ball attacks 3-on-3 in the half-court
- On any defensive stop, the defender who gains possession must outlet pass to one of the two corner players
- The two corner players and the defender who passed then become the new offensive trio
- Previous offensive players transition to defense
- Teams play 3-on-3 on the other end of the court
- This pattern continues with each change of possession

Day 3; Session 6 (2-2:30pm): ("Musical Basketballs" Fun gameplay)

Equipment needed

- More basketballs than players
- Lowered rims

Learning goals/objectives

Campers will be able to...

- Compete for a ball
- Rebound
- Score with pressure around them

Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Rebounding ● Defense
Field/court layout	<ul style="list-style-type: none"> ● Normal court with 6 lowered nets
Activity description	<p><i>Musical Basketballs</i> (30 minutes)</p> <ul style="list-style-type: none"> ● This game is similar to musical chairs, but with basketballs. ● Make a pile of basketballs in the middle of the court. There should be enough balls for each player to get one. ● Instruct the kids to walk around the balls while music plays. ● When the music stops, players grab a ball and shoot from anywhere they like. ● Once a player makes a shot, they immediately sit down to show they are finished. ● The last player standing is out. <p>You can switch it up to where there are 1-2 players who are permanent defense who are trying to prevent the other players from scoring.</p> <ul style="list-style-type: none"> ● The offensive players are all working together against the D player(s)
Video clips	<ul style="list-style-type: none"> ● Musical Basketballs Fun Youth Basketball Drills from the Jr. NBA available in the MOJO App

<u>Day 3; Session 7 (2:30-3pm):</u> “Foursquare & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 4 bouncy balls ● Tape ● Cones ● Chalk
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> ● Be checked out safely ● Play foursquare fairly and for fun
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.

<p>Field/court layout</p>	<ul style="list-style-type: none"> ● With the chalk or tape, draw a large square at least two metres wide ● Divide the big square into four equally sized small squares ● Number each square one to four
<p>Activity description</p>	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the Foursquare rules <ul style="list-style-type: none"> ○ Each player stands in one of the four squares ○ To start the game, the player in square one serves the ball by bouncing it once in their square and then hitting it toward one of the other squares ○ The receiving player, then hits the ball to any other player in one of the other squares ○ A player is out if <ul style="list-style-type: none"> ■ Failing to hit the ball into another square ■ Allowing the ball to bounce more than once in their own square ■ Hitting the ball out of the squares or hitting a line ■ Hitting the ball incorrectly such as by holding, catching, or carrying ■ Hitting the ball out of turn or committing interference ■ Hitting the ball one handed (in some versions of gameplay) ○ When a player is out, the other players move up to take their place. The out player moves to the last square ○ Rules can be altered for different types of game play .Some ideas are: <ul style="list-style-type: none"> ■ Everyone must hit underhand ■ The ball can only bounce once in a square ■ Hitting inside lines are "Out" ■ Hitting outside the lines is "Out" ■ If the ball bounces in your square you must hit it ■ You are out if: <ul style="list-style-type: none"> ● The ball bounces two times in your square or you hit it before it bounces ● You hit the ball out of bounds ● You hit the ball to an inside line ● You hit the ball overhand ● Director will communicate once all campers have departed.

Images of the activity	<ul style="list-style-type: none"> • How to Play Four Square A PE Lesson Rules of the Game
------------------------	---

JUMP START

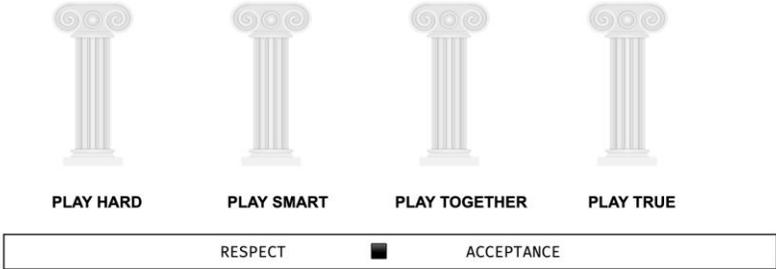
SPORTS

Day 4

Offensive Skills and Strategies, “Playoffs”

<p><u>Day 4; Arrival (9-9:15am)</u>: Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • Camp agenda, with ending time to communicate with parents if needed • Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Be checked in • Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> • Professional demeanor • Courteous manner • Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> • Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> • Director and coaches will check in the campers as they arrive. • Other coaches will maintain supervision of unorganized play. • Director will communicate once all campers have arrived.

Day 4; Daily Convocation (9:15-9:30am)

<p>Daily Convocation</p>	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> <p>RESPECT ■ ACCEPTANCE</p> </div> <ul style="list-style-type: none"> •
<p>Equipment needed</p>	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
<p>Areas of focus</p>	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • Coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True • Coaches will use the following speech at each convocation: • Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with

your eyes AND your ears. When someone is talking to you, always look at them with your eyes”

- Introductions:
 - Have each coach introduce themselves
 - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
 - What does RESPECT mean to you? Ask kids to raise their hands to answer
 - Be nice
 - Don't be mean
 - Never bully another person
 - Be kind
 - Treat others the way you would like to be treated
 - Who should we all be respectful of
 - Other campers - your peers
 - The staff - we are here to help you learn and take care of you
 - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
 - Treat others the way you would like to be treated
 - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
 - Be respectful of ALL PEOPLE, even those who are different than you
 - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means.
 - Play Hard: always try your best to win or succeed
 - Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently.
 - Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)
 - Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport
- Win with Grace, Lose with Dignity
- Throughout the discussion, give examples of good behavior that

	demonstrated good character from the day before.
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should we all be respectful of? That’s right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let’s talk about Acceptance. What does acceptance mean to you? Let’s hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they’re different from us. We’re all unique, and that’s something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we’ll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we’re highlighting “Play Hard.” Remember, always give your best effort to succeed, whether you’re on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We’ve got exciting activities planned, so let’s make today awesome together! Now, let’s break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <i>1) Offensive Skills and Strategies</i> <i>2) “Playoffs”</i>

Day 4; Session 1 (9:30-10:15am) (Offensive skill fundamentals)

Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Incorporate all the individual skills within an overall game framework <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Shooting ○ Rebounding ○ Movement
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The discrete skills as part of an overall offensive game
Field/court layout	<ul style="list-style-type: none"> ● If there are four coaches, then set up the court into four different stations. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>Dynamic Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Stations</i> (36 minutes) Rotate after 9 minutes</p> <p>Station 1: Dribble Tag</p> <ul style="list-style-type: none"> ● All players dribble within defined court boundaries ● 2-3 "taggers" who must maintain their own dribble while trying to tag others ● If tagged, player does 3 quick dribbling moves before rejoining <p>Station 2: Passing Pirates</p> <ul style="list-style-type: none"> ● Divide court into "islands" ● Players pass between islands without losing ball possession ● Rules: <ul style="list-style-type: none"> ○ Must use chest, bounce, and overhead passes ○ Can't hold ball longer than 3 seconds ○ If ball is dropped/intercepted, player does quick defensive slide <p>Station 3: Shooting Sharks</p> <ul style="list-style-type: none"> ● Multiple shooting stations with different challenges

	<ul style="list-style-type: none"> ○ Station 1: "Close Attack" - layup lines with backboard focus ○ Station 2: "Distance Hunters" - shooting from progressively further spots ○ Station 3: "Quick Draw" - rapid catch-and-shoot scenarios ● Points awarded for made baskets <p>Station 4: Dribble Obstacle Course</p> <ul style="list-style-type: none"> ● Create dynamic course with cones, chairs ● Players navigate course while: <ul style="list-style-type: none"> ○ Changing directions ○ Maintaining dribble ○ Avoiding "defenders" (coaches) ○ Timed runs with point bonuses
--	---

<u>Day 4: Session 2 (10:15-11am)</u> (3v3 small area games)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble in gameplay ● Pass in game situations ● Shoot while under pressure in a game ● Rebound in gameplay ● Play defense in a game
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ Ball Control: Use fingertips, not palms. ○ Head Up: Maintain visual awareness of the court while dribbling. ○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control. ○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc. ● Shooting <ul style="list-style-type: none"> ○ Proper Form: Focus on balanced stance and hand positioning behind the ball. ○ Repetition: Encourage consistent practice from various distances. ○ Game-Like Scenarios: Create drills that simulate shooting with pressure.

	<ul style="list-style-type: none"> ● Passing <ul style="list-style-type: none"> ○ Types of Passes: <ul style="list-style-type: none"> ■ Chest, ■ Bounce, ■ Overhead passes. ○ Accuracy: Emphasize precision in passing to teammates. ○ Decision Making: Do not over handle the ball once a player is open. ● Rebounding <ul style="list-style-type: none"> ○ Positioning: Teach players to anticipate where the ball will land. ○ Boxing Out: Stress the importance of using the body to block opponents. ● Defense <ul style="list-style-type: none"> ○ Stance: Maintain a low, balanced defensive position. ○ Hand Activity: Keep hands active to disrupt passes and shots
Field/court layout	<ul style="list-style-type: none"> ● If possible, have six 3v3 games going at the same time. <ul style="list-style-type: none"> ○ Players will go behind the three point game in order to “check” the ball from Defense to Offense ○ Maximize the amount of game play that campers receive. ● 1 coach should ref and supervise each game while reinforcing the teaching points.
Activity description	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p>Add in a fun <i>basketball warmup</i> that brings together skills that the players can work on. (5 minutes)</p> <ul style="list-style-type: none"> ● Simon Says with basketball movements ● Freeze tag while dribbling <p>Gameplay (45 minutes)</p> <ul style="list-style-type: none"> ● Split the NBA teams into groups of 3 with equal sizes, and abilities, if possible ● Give some of the group’s pinnies so that they will not play their own group ● Reiterate the basic concepts of dribbling, passing, shooting,

	<p>and defense</p> <ul style="list-style-type: none"> ● Have the coaches spread out to monitor each game ● Play 10 minute games <ul style="list-style-type: none"> ○ Winning teams receive points for their group ● Give a 5 minute water break halfway through the session <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon ● Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ “How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]” ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2 ● Shooting ● Rebounding ● Defensive stance

<u>Day 4: Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 4: Session 3 (11:30-12pm):</u> (British Bulldog)	
Equipment needed	<ul style="list-style-type: none"> ● Flags and belts (like you would have for flag football)
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules of each game ● Explain the rules of the games ● Apply the rules in fair and honest play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fun ● Fair Play
Field/court layout	<ul style="list-style-type: none"> ● Normal gym or field with cones at the sides and the middle of the gym

Activity description	<p><i>Dynamic Warmup (5 minutes)</i></p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>British Bulldog (20 minutes)</i></p> <ul style="list-style-type: none"> ● Put all campers against one gym wall ● Identify two kids who are the sharks ● They say “British Bulldog” and the kids run across to the other side of the field/gym. ● If they get their flag pulled they turn into a shark. ● If they do not get their flag pulled they are safe ● Game continues until one last minnow remains
Video clips	<ul style="list-style-type: none"> ● Elementary P.E. Games: Sharks & Minnows (Flags)

<u>Day 4; Session 4 (12-1pm):</u> (NBA playoffs round 1)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones ● Clipboard with NBA team names and names of players on each team ● Microphone ● Music for “pregame” ● Ref shirts for coaches
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand how a bracket works ● Compete fairly and honorably ● Bring together the skills that they have been working on throughout the week
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling ● Passing

	<ul style="list-style-type: none"> ● Shooting ● Rebounding ● Team Defense
Field/court layout	<ul style="list-style-type: none"> ● Teams will be playing half court or full court, depending on how many courts are available ● Full court is preferable if it is a possibility ● Coaches should be dressed up in ref shirts to make it authentic as possible ● Warmups should include pump up music
Activity description	<ul style="list-style-type: none"> ● Director will have created a bracket with all of the NBA teams listed ● Director will announce the names of the players and teams while warmup music is playing ● Players will run on to the court before the game begins, like an NBA team would ● Games will be full court if possible, but half court if necessary ● Games will be 10 minutes long ● Winner advances to the next round ● There can be a loser bracket to keep those teams engaged for another play in ● Bracket can be designed/adjusted as the Director sees fit

<u>Day 4; Session 5 (1-2pm):</u> (Dodgeball)	
Equipment needed	<ul style="list-style-type: none"> ● 10 nerf type dodgeballs ● Cones to separate the two groups
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Play dodgeball ethically and safely ● Understand the rules of the games
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Fair play
Field/court layout	<ul style="list-style-type: none"> ● Coaches should space out an area on the field/gym that is approximately 40-50 yards wide ● Place cones halfway down the total space ● Place the dodgeballs between the cones
Activity description	<ul style="list-style-type: none"> ● Campers will be split up into groups by NBA teams <ul style="list-style-type: none"> ○ Emphasize that the groups have made alliances with other teams and are now on the same team

	<p><i>Army Dodgeball (20 minutes)</i></p> <ul style="list-style-type: none"> ● If you get hit in the arm, you cannot use that arm. ● Hit in the leg, have to hop on one foot. ● If you get hit in the chest or back you are out. ● The coach can yell “first aid” and you get all your parts back ● The winning team wins points for the NBA teams that are on that team <p><i>Doctor Dodgeball (20 minutes)</i></p> <ul style="list-style-type: none"> ● You pick someone on your team to be the doctor (it is a secret to the other team). ● If you get out, you sit down. ● If your doctor tags you you can get back up, but you do not want the other team to know who your doctor is. ● Once the doctor gets hit, they are unable to get back up.
Video clips	<ul style="list-style-type: none"> ● How To Play Dodgeball OFFICIAL RULES

<u>Day 4; Session 6 (2-2:30pm):</u> (Basketball research)	
Equipment needed	<ul style="list-style-type: none"> ● Laptop or IPAD ● Wifi access ● Cell phones if no other devices are available ● Poster board ● Markers ● Pens ● Colored pencils
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together to research about the sport of basketball that they will play this week ● Design a poster that has the most important “fun facts” about these sports ● Color this poster in ● Display this poster at the end of the session and explain it to the other groups
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Accurate sources of information ● The similarities between people around the world ● Respect & Acceptance from Convocation <ul style="list-style-type: none"> ○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ■ What does RESPECT mean to you? Ask

	<p>kids to raise their hands to answer</p> <ul style="list-style-type: none"> ● Be nice ● Don't be mean ● Never bully another person ● Be kind ● Treat others the way you would like to be treated <ul style="list-style-type: none"> ■ Who should we all be respectful of <ul style="list-style-type: none"> ● Other campers - your peers ● The staff - we are here to help you learn and take care of you ● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ● Treat others the way you would like to be treated ● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ○ What does acceptance mean to you <ul style="list-style-type: none"> ■ Be respectful of ALL PEOPLE, even those who are different than you ■ Use examples of being respectful of others who look different or have different skill level than you have.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities ● Each group will have access to a wifi enabled device that they can use ● Each group will have access to posterboard and the drawing utensils listed above
<p>Activity description</p>	<ul style="list-style-type: none"> ● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> ○ Researcher ○ Designer ○ Sketcher ○ Colorer ○ Presenter to the rest of the groups ● Although they will have one official "role", campers should also take turns getting to do the other roles, such as coloring in <p>Coaches should hand out each team's poster board that they designed and sketched out on day 1.</p> <p>Coaches should be walking around helping the campers at each</p>

	<p>stage of the process</p> <p><i>COLORING</i> (15-20 minutes)</p> <ul style="list-style-type: none"> ● Using the agreed upon design, campers should color in the poster board according to the pencil sketch ● Campers should take turns getting to color in, as this is likely the most fun part of the process <p><i>PRESENTATION</i> (15 minutes)</p> <ul style="list-style-type: none"> ● Campers will present to the rest of the groups ● Campers should be respectful and kind to the other group's efforts ● Coaches should reinforce the importance of being supportive of each other in all areas
--	--

<u>Day 4; Session 7 (2:30-3pm): "Handball & Parent Pick up"</u>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 3 handballs (smaller nerf type balls) ● 4 mini soccer nets
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> ● Be checked out safely ● Play handball until they are picked up
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● 2 smaller handball courts with 2 mini soccer nets set up across the court.
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the handball games. <ul style="list-style-type: none"> ○ Players can only take two steps before they have to pass the ball to their teammate. ○ It is a turnover if the ball is dropped on a pass. ● Director will communicate once all campers have departed.

JUMP START

SPORTS

Day 5

"Jump Start Sports T Shirt Day"

"Individual Skills Competitions and Tournament Finals"

<p><u>Day 5; Arrival (9-9:15am):</u> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 5: Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;"> <p style="text-align: center;"> PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE </p> <p style="text-align: center;"> RESPECT ACCEPTANCE </p> </div> <ul style="list-style-type: none"> •
Equipment needed	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
Field/court layout	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • Coaches will be dispersed amongst the rows of campers.
Activity description	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True • Coaches will use the following speech at each convocation: • Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”

- Introductions:
 - Have each coach introduce themselves
 - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
 - What does RESPECT mean to you? Ask kids to raise their hands to answer
 - Be nice
 - Don't be mean
 - Never bully another person
 - Be kind
 - Treat others the way you would like to be treated
 - Who should we all be respectful of
 - Other campers - your peers
 - The staff - we are here to help you learn and take care of you
 - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
 - Treat others the way you would like to be treated
 - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
 - Be respectful of ALL PEOPLE, even those who are different than you
 - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
 - Play Hard: always try your best to win or succeed
 - Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently.
 - Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)
 - Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport
- Win with Grace, Lose with Dignity
- Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.

Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none">1) Tournament Finals2) Individual Skills Competitions and<ol style="list-style-type: none">a) Hot Shotsb) Dribble Knockoutc) Shooting Knockout
--------	--

<u>Day 5: Session 1 (9:30-10:30am)</u> (NBA playoffs, cont'd)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones ● Clipboard with NBA team names and names of players on each team ● Microphone ● Music for “pregame” ● Ref shirts
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand how a bracket works ● Compete fairly and honorably ● Bring together the skills that they have been working on throughout the week
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling ● Passing ● Shooting ● Rebounding ● Team Defense
Field/court layout	<ul style="list-style-type: none"> ● Teams will be playing half court or full court, depending on how many courts are available ● Full court is preferable if it is a possibility ● Coaches should be dressed up in ref shirts to make it authentic as possible ● Warmups should include pump up music
Activity description	<p>Next round of playoffs. Semi-finals and finals will be the end of the day.</p> <p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) ● Director will have created a bracket with all of the NBA teams listed ● Director will announce the names of the players and teams while warmup music is playing

	<ul style="list-style-type: none"> • Players will run on to the court before the game begins, like an NBA team would • Games will be full court if possible, but half court if necessary, • Games will be 10 minutes long. • Winner advances to the next round • There can be a loser bracket to keep those teams engaged for another play in • Bracket can be designed/adjusted as the Director sees fit.
--	--

Day 5; Session 2 (10:30-11am) (Individual skills challenge- Hot shot)	
Equipment needed	<ul style="list-style-type: none"> • 20 youth basketballs • 20 pinnies • At least 6 lowered hoops • 20 cones • Clipboard with NBA teams and player names • Pen
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Shoot while under pressure and time • Maintain their form • Stay positive and root for their teammates, as well as opponents
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Shooting technique • Playing fairly • Positive attitude and cheering on your opponents
Field/court layout	<ul style="list-style-type: none"> • Normal court layout <p style="text-align: center;">Source</p>
Activity description	<ul style="list-style-type: none"> • Using only one ball, you have 1 minute to score as many points as possible from 5 "hot spots" on the court. • No help from rebounders allowed • Shots made from various zones on the court, or "hot spots," are

	<p>worth different point values. Choose from any zone to score as many points as you can in the time allotted.</p> <ul style="list-style-type: none"> ○ 3 points from the baseline (either side of the key) ○ 4 points from the elbow (either side) ○ 5 points at the top of the 3-point arc <ul style="list-style-type: none"> ● You're allowed to attempt a maximum of two layups per game and each made layup is worth 2 points. ● Making shots in all five zones gives you bonus points at the end of your gameplay. <ul style="list-style-type: none"> ○ Combo bonus is worth 5pts each time you make shots from all five hot spots. ● The coach should be recording the scores for each player from an NBA team, and then adding them up to crown a champion at the end of this gameplay ● Source
--	--

<u>Day 5; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 5; Session 3 (11:30-12pm):</u> (“Golf Basketball” Fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones ● Clipboard with NBA teams and player names ● Pen
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Shoot baskets while under pressure ● Play fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Shooting technique fair play
Field/court layout	<ul style="list-style-type: none"> ● Normal basketball courts
Activity description	<p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees

	<ul style="list-style-type: none"> ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Golf Basketball (20-25 minutes)</i></p> <ul style="list-style-type: none"> ● Line up the players behind a designated shooting spot. ● The first player shoots. ● If they make the shot, they get a “hole in one.” ● When the shot is missed, they must collect the rebound and shoot again from there. The score for each round equals the number of attempts it takes to make the basket. ● After all the players shoot from this location, choose a new spot and begin again. ● Whoever has the lowest score at the end of the game wins. ● The coach should be recording the scores for each player from an NBA team, and then adding them up to crown a champion at the end of this gameplay
Video clips	<ul style="list-style-type: none"> ● Basketball golf

<u>Day 5; Session 4 (12-12:30pm):</u> (Individual skills challenge - Dribble Knockout)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble ● Protect their dribble ● Dribble in movement ● Dribble under pressure
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ Ball Control: Use fingertips, not palms. ○ Head Up: Maintain visual awareness of the court while dribbling. ○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control.

	<ul style="list-style-type: none"> ○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Setup cones around the area the players will be dribbling in. ● This will depend on the amount of players you have but will usually be the three-point line or the 1/3 court line. ● All players must have a basketball.  <p>Playing Area is the 3-Point Line</p>
<p>Activity description</p>	<p><i>Dribbling Knockout</i> (30 minutes)</p> <ul style="list-style-type: none"> ● This drill works on ball-handling and protecting the dribble. ● All players dribble around in a small area and the goal is to knock other players' basketball out of the area while keeping your own basketball alive. ● On the coach's call, all players begin dribbling and attempt to knock each other's basketball out of the playing area. ● As more and more players get out, the coach must pause the game and make the playing area smaller. This continues until you have a winner. <p>Coaching Points:</p> <ul style="list-style-type: none"> ● If a player fouls someone else, travels, or double dribbles, they're out. It's the coach's job to keep an eye out for these things. ● Constantly remind players to keep their head up. ● Have a designated area for players that get out or you'll end up with kids everywhere! <p>Record the winner for each round. Complete the process above as many times as possible before the end of the session. The top players will be recognized and win points for their NBA teams</p>

Video clips	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ “How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]”
-------------	--

<u>Day 5; Session 4 (12:30-1pm)</u> : (Individual skills challenge -Shooting Knockout)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Shoot ● Play respectfully and ethically
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Shooting <ul style="list-style-type: none"> ○ Proper Form: Focus on balanced stance and hand positioning behind the ball. ○ Repetition: Encourage consistent practice from various distances. ○ Game-Like Scenarios: Create drills that simulate shooting with pressure.
Field/court layout	<ul style="list-style-type: none"> ● Multiple balls at the foul line in front of each lowered hoop
Activity description	<p>GAMEPLAY (30 minutes) Split the NBA teams up so there are as few multiple players from the same team in one line as possible.</p> <ul style="list-style-type: none"> ● Start: <ul style="list-style-type: none"> ○ The first two players in line each receive a basketball. ● Shooting Order: <ul style="list-style-type: none"> ○ The first player shoots from the designated spot. This is usually the free throw line, but you can move it closer if necessary to help the younger players reach the basket with their shots ○ The second player may only shoot after the first player has released their shot. ● Scoring: <ul style="list-style-type: none"> ○ If the first player scores before the second player, they rebound their ball and pass it to the next player in line. ○ If the second player scores first, the first player is eliminated from the game. ● Rebounding:

	<ul style="list-style-type: none"> ○ If a player misses their shot, they can immediately rebound and attempt to score again from anywhere on the court until they make a basket or are eliminated. ● Continuity: <ul style="list-style-type: none"> ○ The game continues with players cycling through until only one remains. ● Elimination Process <ul style="list-style-type: none"> ○ Players are eliminated when they fail to score before the shooter behind them does. ○ Eliminated players stand off to the side until the game concludes. <p>Record the winner for each round. Complete the process above as many times as possible before the end of the session. The top players will be recognized and win points for their NBA teams</p>
Video clips	<ul style="list-style-type: none"> ● How to play knockout

<u>Day 5: Session 5 (1-2pm):</u> (Capture the Flag game)	
Equipment needed	<ul style="list-style-type: none"> ● 2 “flags” ● Cones to separate the field ● 20 pinnies ● Whistles
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules of capture the flag ● Play fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Fair play
Field/court layout	<ul style="list-style-type: none"> ● The field will be cut in half by cones <ul style="list-style-type: none"> ○ Each half will have a 10’x10’ “jail” which is designated by cones. ● Campers will be split up into groups by NBA teams <ul style="list-style-type: none"> ○ Emphasize that the teams have made alliances with each other and are now on the same team ● Give one team pinnies
Activity description	<p><i>INSTRUCTIONS and SETUP</i> (10 minutes)</p> <ul style="list-style-type: none"> ● The Director will break the group up into 2 different teams

	<p>where the NBA teams on the same team now have alliances</p> <ul style="list-style-type: none"> ● Tell the campers the rules of the game <p><i>FIRST GAME PLAY (20 minutes)</i></p> <ul style="list-style-type: none"> ● Two teams have a mid line of cones to separate the teams. ● Have a flag (Ball, anything) on each side and cones set up around the flag. ● The team tries to get the flag from the other side safely without getting tagged. ● If you are tagged, you go to “jail” <ul style="list-style-type: none"> ○ “Jail” is a coned off 10’x10’ that needs to be guarded. ● If your teammate runs in and tags anyone in “jail”, they are then free and re-join the game. ● First team to run across and grab the flag and return it to their side (without being tagged)--> Wins ● Replay as many times as possible in 20 minutes ● Team with the most flag retrievals in 20 minutes wins. ● Coaches should record the groups that were on the winning teams and allocate “points” <p><i>Water Break (5 minutes)</i></p> <ul style="list-style-type: none"> ● Coaches can decide whether they want any NBA teams to break their alliance and switch sides <p><i>SECOND GAME PLAY (20 minutes)</i></p> <ul style="list-style-type: none"> ● Two teams have a mid line of cones to separate the teams. ● Have a flag (Ball, anything) on each side and cones set up around the flag. ● The team tries to get the flag from the other side safely without getting tagged. ● If you are tagged, you go to “jail” <ul style="list-style-type: none"> ○ “Jail” is a coned off 10’x10’ that needs to be guarded. ● If your teammate runs in and tags anyone in “jail”, they are then free and re-join the game. ● First team to run across and grab the flag and return it to their side (without being tagged)--> Wins ● Replay as many times as possible in 20 minutes ● Team with the most flag retrievals in 20 minutes wins. ● Coaches should record the NBA teams that were on the winning teams and allocate “points” <p><i>Stretch and RECAP (5 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> ● How to play capture the flag

<u>Day 5; Session 6 (2-2:30pm):</u> (NBA playoff finals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops ● 20 cones ● Clipboard with NBA team names and names of players on each team ● Microphone ● Music for “pregames”
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand how a bracket works ● Compete fairly and honorably ● Bring together the skills that they have been working on throughout the week
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling ● Passing ● Shooting ● Rebounding ● Team Defense
Field/court layout	<ul style="list-style-type: none"> ● Teams will be playing half court or full court, depending on how many courts are available ● Full court is preferable if it is a possibility ● Coaches should be dressed up in ref shirts to make it authentic as possible ● Warmups should include pump up music
Activity description	<p>Semi-finals and championship game are played Trophies are awarded for the Champions</p> <ul style="list-style-type: none"> ● Director will have created a bracket with all of the NBA teams listed ● Director will announce the names of the players and teams while warmup music is playing ● Players will run on to the court before the game begins, like an NBA team would ● Games will be full court if possible, but half court if necessary, ● Games will be 10 minutes long.

Day 5; Session 7 (2:30-3pm): “Picture, awards, poster walk & Parent Pick up”

Equipment needed	<ul style="list-style-type: none">● Clipboards● Camp Rosters● Camera● Posters on easels
Learning goals/objectives	Campers will be able to... <ul style="list-style-type: none">● Be checked out safely● Line up for a picture
Areas of focus	<ul style="list-style-type: none">● Professional demeanor● Courteous manner● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none">● Posters spread out among the gym● Trophies on a table
Activity description	<ul style="list-style-type: none">● Coach will check out the campers as their guardians arrive.● Director will announce the NBA team with the most points from all the various games● Director will announce the winner of the individual skills competitions and hand out trophies<ul style="list-style-type: none">○ Hot Shots○ Dribble Knockout○ Shooting Knockout● Director will highlight the posters around the gym● Coaches will organize the campers into a group so a photo in their JSS shirts can be taken.<ul style="list-style-type: none">○ Picture will be taken before the students begin to be picked up to ensure that full numbers are shown in future marketing materials● Director will communicate once all campers have departed.