



# HOOPS 101 BASKETBALL CAMP

MONDAY • DRIPPING SPRINGS  
 PHRASE OF THE DAY: GOALS  
 “Aim for goals higher than 10 feet.”



TIME	ACTIVITY	POINTS OF EMPHASIS
7:00-7:30	<b>COACHES MEETING &amp; REGISTRATION SETUP</b> 1. ESTABLISH BASKETS / SCHEMATICS 2. ESTABLISH GROUP / CAMP BLOCKS 3. REVIEW STATIONS / ROTATIONS	➤ TABLES SET UP OUTSIDE ➤ MUSIC AND COACHES INSIDE
7:40-8:40	<b>INDIVIDUAL INSTRUCTION BLOCK</b> ➤ COACH TAKES 10-12 AT A TIME ➤ NAME TAGS ON CAMPERS ➤ COACHES PREP FOR SUPER 7	➤ Workout Progression ➤ Coaches make sure they are ready for the block after mass teaching.
8:50-9:00 (15)	<b>TEAM LINES &amp; ROLL CALL</b> EVERYONE WITH A BALL TIME LIMITS AND DO THINGS RIGHT WAY LONG WHISTLE = TRIPLE THREAT SET UP SPOTS FOR STARTS, STOPS, TURNS	➤ Gym Rules ➤ Thought Of The Day ➤ Organize Teams And WalkUps And Finalize Rosters
9:00-9:50 (30)	<b>CLINIC: DEFENSE (NBA AND NCAA)</b> A GYM TO START MASS FOOTWORK ON BALL: (15) <ul style="list-style-type: none"> <li>• Stance / Feet / Hands / Push / Dead / Shot Contest</li> <li>• Block Out / Swing / Set / On / Loose / Charge</li> <li>• “BALL” = Big Hands –pressure and bellyup</li> <li>• LOOSE = seal off man and get ball then close out</li> </ul> 4-LINE CLOSEOUT (4 BALL) (PHASE 1 ON BALL) <ol style="list-style-type: none"> <li>1. “Ball” → Closeout Big Hands</li> <li>2. Bump / Ready</li> <li>3. Push</li> <li>4. Middle—CHEST THE DRIVE HANDS UP OFF</li> <li>5. Dead</li> <li>6. Shot / Contest / Block out</li> </ol> 2-on-2 Ball Side / Help Side—Florida <ol style="list-style-type: none"> <li>1. Help</li> <li>2. Ball</li> <li>3. Bluff and Recover</li> <li>4. Block Out</li> </ol> 4-LINE SHELL <ol style="list-style-type: none"> <li>5. BALL</li> <li>6. GAP</li> <li>7. HELP</li> <li>8. PAPER BAG ANALOGY-FIRE &amp; FILL</li> </ol> 4-ON-4 NO MAN'S LAND—NO MIDDLE—JTB--VISION 4-ON-4 NO MANS WITH BACKDOOR	<b>CLINIC: TRIPLE THREAT (BIG 12) SPORT COURT</b> MASS FOOTWORK (15) <ol style="list-style-type: none"> <li>1. Triple threat</li> <li>2. Jab</li> <li>3. Show N Go</li> <li>4. Cross</li> <li>5. Long Step</li> <li>6. Jump stop</li> <li>7. Front turns</li> </ol> 3- line Closeout Offense <ol style="list-style-type: none"> <li>1. Make a move</li> <li>2. Shoulder to hip</li> <li>3. Cut off dribble</li> <li>4. Jump stop / turn pass / closeout</li> </ol> Dribble Tag / Dribble Pac Man 3-on-0 Pass Cut and Fill → Then use a move

**MID-DAY BLOCK**  
 CAMPERS REPORTS TO SAME BASKETS ALL WEEK FOR STATIONS AND CONTESTS—ROTATIONS WILL CHANGE.

<b>COUNSELORS</b> <ul style="list-style-type: none"> <li>• Responsible for your team.</li> <li>• Be at each place 5 minutes ahead of the posted schedule.</li> <li>• Explain &amp; complete goal-setting for the week on pyramid form.</li> </ul>	<b>TRANSITION (4-4-4 and UCLA)</b> <ul style="list-style-type: none"> <li>• <b>“Basket”</b>: Always protect basket / bluff retreat</li> <li>• <b>“Ball”</b>: (flatten the ball and turn it)</li> <li>• <b>“Match”</b>→ Point and talk match up</li> </ul>	<b>CONTESTS (B GYM)</b> <ul style="list-style-type: none"> <li>• Divide kids into 6 contest groups.</li> <li>• Same coach/ counselor stays at same basket all week and is in charge of results for that basket.</li> <li>• Commish in charge of results.</li> </ul>
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	BLOCK TIME	BIG 12	NCAA	NBA
10:00 am -2:25 pm COORDINATOR STAY ON TIME	10:00-10:40	KOBE SKILLS (Footwork) ARENA (TERROBA)	KOBE SKILLS (Footwork) A GYM (ACKER)	WEEKLY / 5-ON-5 GOALS CONCESSIONS (COUNSELOR)
	10:45-11:25	WEEKLY / 5-ON-5 GOALS CONCESSIONS (COUNSELOR)	CONTESTS A GYM	4-4-4 D TRANS A GYM (ACKER)
	11:30-12:10	LUNCH & MOVIE (BIG 12 PICTURES) ARENA	LUNCH & MOVIE ARENA	KOBE SKILLS (Footwork) A GYM (ACKER)
	12:15-12:55	321 SLAMDOWN A GYM (T-ROBA)	O: PENETRATE & KICK A GYM (T-ROBA)	LUNCH ARENA / CONCESSIONS
	1:00-1:40	CONTESTS ARENA	WEEKLY / 5-ON-5 GOALS CONCESSIONS (COUNSELOR)	O: PENETRATE & KICK A GYM (T-ROBA)
	1:45-2:25	3-ON-3 (BALL/GAP/HELP) ARENA	4-4-4 D TRANS A GYM (TERROBA)	CONTESTS A GYM

**MONDAY AFTERNOON  
CONTINUED**

<b>AFTERNOON BLOCK—4-ON-4 BASKETS –STAY SAME ALL WEEK FOR INSTRUCTION</b> NBA = 3 RIMS • NCAA = 3 RIMS • BIG 12 = 2 RIMS (B GYM)		
<p><b>2:30 (20)</b></p> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: fit-content; margin-top: 10px;"> <p><b>Emphasize</b> "Bowen Skills" "Kobe Skills" "Red Raider Skills" • Screen –Space</p> </div>	<p><b>4-ON-4 TEAM SELECTION / INTRO</b> <b>BIG 12:</b> SPOTS, SWITCH, PLAY.</p> <ul style="list-style-type: none"> <li>• Can go 3-on-3 if that works better.</li> <li>• USE DOTS--</li> </ul> <p><b>NCAA:</b> SPOTS, SCREEN, CATCH AND SQUARE</p> <ul style="list-style-type: none"> <li>• <b>A GYM 4 SIDE BASKETS</b></li> </ul> <p><b>NBA:</b> SPOTS, BASKET CUT &amp; BALANCE &amp; SPACE</p> <ul style="list-style-type: none"> <li>• <b>B GYM 3 BASKETS</b> <ul style="list-style-type: none"> <li>➤ Space to NBA 3 point line</li> <li>➤ Nobody below the third hashmark on free throw lane</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Have A Coach Record The Team Name And Members</li> <li>➤ Leagues arrange for teams on their own</li> <li>➤ Distribute pennies at each basket in your gym. Also take up jerseys afterwards to make sure they stay organized.</li> </ul>
<p><b>2:40-2:55 (30)</b></p>	<p><b>4-ON-4 LIVE AT 6 BASKETS</b> <b>RULE OF DAY:</b> CATCH AND SQUARE "JAB STEP / SHOT FAKE" <b>ACTION OF DAY:</b> BASKET CUT AND FILL <b>BONUS:</b> +5 FOR SPRINTING ON AND OFF <b>EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>➤ +2 FOR POINTS OFF BASKET CUT</li> </ul>	<ul style="list-style-type: none"> <li>➤ COACHES MUST USE VERBALS:</li> <li>➤ SPOTS</li> <li>➤ SWITCH</li> <li>➤ SQUARE UP</li> <li>➤ MAKE A MOVE</li> <li>➤ COUNSELORS: WORK WITH THE NBA TO KEEP UP WITH EXECUTION POINTS</li> <li>➤ COUNSELORS: DEMO 4-ON-4</li> <li>➤ Set up pennies at every basket</li> </ul>
<p><b>2:55 (5)</b></p>	<p><b>QUICK WATER BREAK BY LEAGUE</b></p> <ul style="list-style-type: none"> <li>➤ Set up spots, balls, music for moneyball</li> </ul>	
<p><b>2:45</b></p>	<p><b>BIG 12 CONCESSION BREAK ARRIVES FOR 3:00 MONEY BALL</b></p>	<ul style="list-style-type: none"> <li>➤</li> </ul>
<p><b>3:00-3:25</b></p>	<p><b>MONEYBALL (all in A GYM) (Coaches / counselors with a team)</b></p> <ul style="list-style-type: none"> <li>• 8 rims</li> <li>• 16 teams</li> <li>• Refer to Moneyball schematic for rotations.</li> </ul>	<ul style="list-style-type: none"> <li>➤</li> </ul>
<p><b>3:30-3:55 (25)</b></p>	<p><b>5-ON-5 GAME BLOCK 1</b> <b>COMMISH:</b> REFER TO GAME SCHEDULE</p> <ul style="list-style-type: none"> <li>➤ Send kids not playing to concessions for first half.</li> <li>➤ Coaches should review goals set earlier with counselors at this time.</li> </ul>	<ul style="list-style-type: none"> <li>➤ 16 MINUTE GAMES</li> <li>➤ ROTATE TEAMS</li> <li>➤ 2 MINUTES BETWEEN GAMES</li> </ul>
<p><b>3:55-4:20 (25)</b></p>	<p><b>5-ON-5 GAME BLOCK 2</b></p> <ul style="list-style-type: none"> <li>➤ EFFORT BONUS: +5 FOR CHARGE</li> <li>➤ +1 FOR DIVE ON FLOOR</li> <li>➤ +5 FOR PERFECT BLOCKOUT</li> </ul>	<ul style="list-style-type: none"> <li>➤ COMMISH TURN IN DAILY AWARDS</li> </ul>
<p><b>4:25-4:30</b></p>	<p><b>TEAM LINES AND WRAP UP</b></p>	<ul style="list-style-type: none"> <li>➤ Daily Awards</li> <li>➤ Daily Theme &amp; Review Handout</li> </ul>