

Basketball Camp Daily Overview

Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Skill of the Day Instruction	Skill of the Day Drills & Games	Snack Break	Camp Game	Skill of the Day Drills & Games	Scrimmage Activities	Camp Close
10 minutes 8:50 - 9:00am	20 minutes 9:00 - 9:20am	5 minutes 9:20 - 9:25am	55 minutes 9:25 - 10:20am	15 minutes 10:20 - 10:35am	15 minutes 10:35 - 10:50am	45 minutes 10:50 - 11:35 am	20 minutes 11:35 - 11:55am	5 minutes 11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	<b>Sports instruction must begin within first 20 minutes of camp.</b> Introduce sport skill using Whole-Part-Whole. Use 3-4 simple coaching cues.	Plan 2 drills & 2-3 games with a water break in between each activity.			Plan 2 drills & 2 games. Okay to use activities that practice skills that have been taught early in the week.	See Tournament Day page for ideas. Start scrimmage 10-15 min earlier on final day.	Review Sport & Life Skills of the Day before dismissal.

Full-Day Extended 12-3pm Schedule\*

\*Refer to Half Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Skill Based Drills & Games	Camp Game	Skill Based Drills & Games	Scrimmage Activities	Camp Close
40 minutes 12:00 - 12:40pm	20 minutes 12:40 - 1:00pm	40 minutes 1:00 - 1:40pm	15 minutes 1:40 - 1:55pm	40 minutes 1:55 - 2:35pm	20 minutes 2:35 - 2:55pm	5 minutes 2:55 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.	See Tournament Day page for ideas. Okay to start scrimmage 10-15 min earlier on 3rd & 4th days.	Review Sport & Life Skills of the Day before dismissal.

Basketball Weekly Skill-of-the-Day

	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
Main Skill-of-the-Day	Dribbling	Passing	Shooting	Defense & Rebounding	Review Skills

	Dribbling	Shooting	Passing	Defense
Skill Breakdown	1. Head up 2. Use finger pads 3. Ball should be dribbled at waist height 4. Free hand out in front to shield ball	1. B = Balance 2. E = Eyes (looking at hoop) 3. Elbow (90 degree) 4. F = Follow through (Hand cookie jar)	1. Ball at chest height (Chicken wings) 2. Step with non-dominant foot 3. Thumbs down, fingers point at target	1. Athletic stance 2. Shuffle feet - short steps; hands out to side

Basketball Skill Drills & Games

Dribbling Drills	Passing Drills
<b>1. Triple Threat: Catch &amp; Pivot</b> - Pass a ball to each player. After receiving the ball, player does a half turn pivot and passes back to coach. <b>2. Stationary Dribbling:</b> Start off dribbling in place 5 x right/left hand and progress up to 20 x right/left hand. Add in crossover dribbles. <b>3. Dribbling w/ Movement:</b> Start off walking from 1/4 court, 1/2 court, 3/4 court, full court. Right hand down, left back. Progression: Move from walking to jogging with right hand down, left back. Progression: Move from jogging to running and right hand down, left hand back. Progression: Move to crossover dribbles while running down and back. <b>4. Dribbling with Obstacles:</b> Put down cones, pinnies, or discs that kids will need to avoid when dribbling. <b>5. Crossover Dribbling:</b> Set up cones in a zig-zag formation. Kids will dribble to each cone and perform a crossover at each one. <b>6. Dribble Directions:</b> Coach uses traffic cop arm gestures to direct the kids as they dribble across the court.	<b>1. Partner Passing:</b> Pairs of kids face each other about 5-7 yards apart. Practice bounce, chest, and overhead passes 20-30x each. Progression: Count # of passes in 30 sec. Repeat each pass type 2x before switching to different pass. Progression: Kids pass ball back and forth while they shuffle feet across the court. Progression: Coach holds hula hoop between two kids. Partners pass ball through hoop while shuffling across the court. <b>2. Hot Potato:</b> Kids in circle or semi circle and coach passing to each kid. Emphasize quickness. Randomize order. Use all passes. <b>3. Rolling Donut:</b> Kids stand on a line of the court. Coach rolls hula hoop and kids attempt to pass ball through hoop as it passes. <b>4. Wally Ball:</b> Kids in straight line, facing wall and trying bounce pass against wall.
Dribbling Games	Passing Games
<b>1. Red Light/Green Light:</b> Use red/green pinnies or poly spots as kids progress. <b>2. Numbers Game:</b> Hold up numbers with fingers as kids dribble across court. They must call out the number as they see it. <b>3. Dribble Knockout:</b> Kids spread out within 3 point line. Players must dribble their own ball while attempting to knock others out of playing area. Time for 1 minute. Rounds 1-3: Non-elimination - players perform a skill-related task to re-enter game (i.e. 30 dribbles) Final Round: Elimination - if a kid is knocked out, they remain out. Shrink playing area as players get eliminated. <b>4. Dribble Relays:</b> Create multiple teams to run relay races. Get creative with each round. <b>5. Pac Man:</b> Kids can only dribble ball on the lines of the court. Two kids are Ghosts (w/o ball) and attempt to tag players with the ball. When a player is tagged, he is eliminated until next round. No skipping lines. Play 3-4 rounds. Choose new Ghosts each round. <b>6. Steal the Bacon:</b> Create 2 teams. Assign #'s to players on each team. When a # is called, corresponding players race to ball in middle of court. Players score a point for team in two ways: 1: Player dribbles back across their team's line 2: Defensive player tags offensive opponent before he/she crosses team line <b>7. Clean Up Your Backyard:</b> Set up cones/discs on half court and pinnies on other half of court. Kids must dribble around cone/discs and pick up pinnies. Only pick up one pinnie at a time and get one point. <b>8. Hungry Hungry Hippos:</b> Place all cones in center circle. Create 3-4 even teams and place them in corners of the gym. In relay race format, one kid from each time dribbles to center circle, collects one cone for team, and returns it back to their corner. Players on team take turns collecting cones. Team with most cones wins. <b>9. Dribble Freeze:</b> Freeze tag with basketball. To get unfrozen, a free player must roll ball through legs. <b>10. Sharks &amp; Minnows:</b> Minnows line up baseline with ball. Shark stands in center circle w/o ball. Minnows dribble across court and avoid getting tagged by shark. If tagged, minnows place ball to side and become a shark. Play until final minnow is tagged.	<b>1. Passing Relay:</b> Teams in line across gym. Players pass ball down the line to each player. First team to pass ball down & back wins. <b>2. Keep Away:</b> Create 2 even teams. Each team attempts to keep ball away from other team for as long as possible. No dribbling. <b>3. Alien in the Middle:</b> Kids stand on line of center circle. One kid in the middle is the alien. Kids pass ball across the circle keeping it away from alien. If the alien steals the ball or a bad pass is made, player at fault switches role with alien. <b>4. Freeze Fish:</b> Each kid places pinnie in back of shirt (fish fin). Kids pass the ball to each other. Coach tries to pull fish fin of player with the ball. If the fin is pulled, coach tosses the fin and the player is frozen until a friend picks up their fin and hands it back to them. <b>5. Ultimate Basketball:</b> Same rules as Ultimate Frisbee. Two teams. Player with ball cannot move, only pivot. Teams attempt to chest pass ball down the court. Completed passes into the end zone score a point. Change possession after incomplete passes or interceptions. First team to 7 wins.
Shooting Drills	Shooting Games
<b>1. Shooting Technique:</b> Kids in semi circle or straight line without ball practicing form shooting. Progression: Add basketball Progression: Kids 5 feet away from wall, standing on poly spot shooting at a mark on the wall. <b>2. 10 on the Line:</b> Line up on free throw line. Start with 10 points. Continuously take turns shooting free throws. Lose a point with each miss. <b>3. Catch &amp; Shoot:</b> Kids take shots within shooting range. Partner rebounds ball and passes back. Switch roles after 1-2 minutes. <b>4. Lay-Up Lines:</b> Two lines - one on each side of hoop. Alternate performing right or left-handed lay ups. Switch lines after each turn. <b>5. Spot Shots:</b> Scatter different colored spots within shooting range. Coach calls out a kid's name & color. Player dribbles to spot and shoots. <b>6. Noodle Block:</b> Kids take turns shooting from various spots. Coach adds pressure by waving pool noodles in their face.	<b>1. Make It, Take It:</b> Scatter spots within shooting range. Kids dribble to spot and attempt shot. If successful, they keep the spot. If they miss, they rebound and shoot again from any open spot. Player/team with most spots wins. <b>2. Drag Races:</b> Create 2 teams. Assign #'s to players on each team. When a # is called, corresponding players each grab a ball from center court. Both kids race to make a basket. First to score a basket scores a point for their team. <b>3. Time Trials:</b> Total points team makes in 1/2/3 minutes. Layups, mid-range or three-point shooting. <b>4. Shooting Completion:</b> Coach picks spot from which each team shoots. First team to 10 wins. <b>5. Home Run Derby:</b> Offensive team dribbles around "bases" while team on defense is shooting. Every player on defense must make basket to get an "out". Offense scores one point, when entire team dribbles around bases. <b>6. Around the World:</b> Place 5 spots in various shooting locations. Kids assign a country to each spot. Kids line up at one spot and take turns shooting their ball. Team must make 3 baskets (non-consecutive) to move on to next spot. <b>7. Dizzy Lizzy:</b> Create multiple teams for a relay race. One player on each team dribbles to half court, places ball on head, spin in place 7x, and then dribbles back to the basket to make a shot. Pass the ball to next player in line once the player scores. First team to have every player score, wins.
Defense & Rebounding Drills	
<b>1. Defensive Slides:</b> Kids in line shuffling back and forth, side to side. Coach dictates direction. <b>2. Zig-Zag Drill:</b> Set up cones in zig-zag formation. One player dribbles to each cone. Defensive partner shadows by shuffling from cone to cone. Progression: Defensive player is allowed to swipe at ball to steal. <b>3. Rebounding Drill:</b> Coach tosses ball against backboard and player races to catch ball before it hits ground. <b>4. Cone Protection:</b> Pair up kids - one on offense, one on defense. Offense has 5 seconds to get around defense to knock over cone. Switch. <b>5. Box Drill:</b> Set up cones in a square. Start at one corner. Close out to 1st cone. Shuffle to 2nd cone. Backpedal to 3rd cone. Shuffle to start.	

## Basketball Tournament Day Overview



## Skyhawks Sports Academy - Private and Confidential

### Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Favorite Skill Based Games	Snack Break	Camp Game	Skills Challenge	Scrimmage Activities	Award Ceremony
10 minutes	20 minutes	50 minutes	15 minutes	15 minutes	20 minutes	50 minutes	10 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 10:10am	10:10 - 10:25am	10:25 - 10:40am	10:40 - 11:00am	11:00 - 11:50am	11:50am - 12:00pm
	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday.		Campers' Choice	See Skills Challenge suggestions below.	See Scrimmage Recommendations below for ideas.	Make it fun for kids!

### Full-Day Extended 12-3pm Schedule\*

\*Refer to Half-Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Favorite Skill Based Games	Camp Game	Scrimmage Activities	Camp Close
40 minutes	20 minutes	50 minutes	15 minutes	45 minutes	10 minutes
12:00 - 12:40pm	12:40 - 1:00pm	1:00 - 1:50pm	1:50 - 2:05pm	2:05 - 2:50pm	2:50 - 3:00pm
Refer to "rainy day" activities if campers finish eating early.	Campers' Choice	Play 4-5 of the camper's favorite games throughout the week. Ask for suggestions on Thursday.	Campers' Choice. Parents may be present, so choose a game that can incorporate a sport skill.	See Scrimmage Recommendations below for ideas. Option to remove previous Camp Game and extend scrimmage to 60 minutes.	Make it fun for the kids!

## Basketball Tournament Day Ideas

Skills Challenge	Three stations that rotate every six minutes: Examples are NBA Skills Challenge, Shooting Contest, and Passing Relay.	
Skill Based Games	Three stations that rotate every 10-15 minutes. Pick the favorite games for dribbling, shooting, passing, and defense. Remember to reinforce three to four basic parts of the skill.	

## Scrimmage Recommendations

\*Any time you are doing scrimmage activities, have the kids wear pinnies.

- Monday:** Play Numbers Game (1 vs. 1 on separate basket and not calling any violations. Introduce basic rules, boundaries, and scoring.)
  - Tuesday:** Play Numbers Game (1 vs. 1 on the same basket, one ball and this time calling obvious violations (traveling, double dribble, etc..)) If group is skilled, introduce 2 vs. 2. The last 10 minutes introduce 3 vs. 3
  - Wednesday:** Introduce violations (fouls, traveling, double dribble, etc..). First 10 minutes start playing 3 vs. 3 with evenly balanced teams. Last 15 minutes play 5 vs. 5. Ensure that everyone is getting equal touches.
  - Thursday:** Playing 5 vs. 5. Coach acts as official and is calling obvious violations. Coach also makes sure that teams are evenly matched.
  - Friday:** Create a tournament bracket and play out the Skyhawks Championship!
- REMINDER:** Parents want to see their child participate and having fun. Make sure to include everyone during scrimmage.

Ages	Court Dimensions	Hoop Height	Scrimmage Notes
5-7 year olds	1/2 court	5 to 6 feet. Use portable hoops from shed. Some facilities may have adjustable hoops.	Encourage and stop play if needed to reinforce rules and violations. Start with Hot Shots/Numbers Game.
7-12 year olds	1/2 court or full court	8 to 10 feet.	Coaches decide teams based on equal ages and ability. Use whistles to call fouls, moving violations (traveling, double dribble, etc..) If possible, run two scrimmages simultaneously. One court hosts 6-8 year olds and the other court hosts 9-12 year olds.
10-14 year olds	1/2 court or full court	10 feet.	Coaches decide teams based on equal ages and ability. Use whistles to call fouls, moving violations (traveling, double dribble, etc..) If possible, run two scrimmages simultaneously. One court hosts 10-12 year olds and the other court hosts 13-14 year olds.