



THUNDER YOUTH BASKETBALL

Camp Curriculum Book

As of Nov. 2017

Michelle Matthews

mmatthews@okcthunder.com

DEFENSE

- Coach Says – Pg. 3
- D1: Close Out Triangle – Pg. 3
- D2: 4-Turn – Pg. 3
- D3: Close-Out Swing – Pg. 4
- D4: Close-Out Shell – Pg. 4
- D5: Shell Drill – Pg. 4

BALL HANDLING

- Stationary Demo – Pg. 5
- B1: Rookie Rounds – Pg. 5
- B2: Jab & Dab – Pg. 5
- B3: Stutter – Pg. 6
- B4: Cone Touch Relay – Pg. 6
- B5: Control – Pg. 6
- B6: Reaction – Pg. 6
- B7: Circle of Focus – Pg. 6
- B8: Footwork Focus – Pg. 7

SHOOTING

- MJ Warm-Up – Pg. 7
- A1: C-Rip Shooting – Pg. 8
- A2: Corner Shooting – Pg. 8
- A3: Give & Go Shooting – Pg. 8
- A4: Partner Shooting – Pg. 8
- A5: Agility Shooting – Pg. 8

LAYUPS & FINISHING

- C1: Layup High Five – Pg. 9
- C2: 2 Man Elbow – Pg. 9
- C3: 1-2 Layup – Pg. 9
- C4: 2 Dribble Space – Pg. 10
- C5: Cone, Curl, Drive – Pg. 10
- C6: 3 Way – Pg. 10
- C7: Up & Under – Pg. 10
- C8: No Back Up – Pg. 11

PASS & CUT

- E1: Partner Passing – Pg. 11
- E2: Triangle Passing – Pg. 11
- E3: Rapid Passing – Pg. 11
- E4: Assembly Line – Pg. 12
- E5: High Post Pass – Pg. 12
- E6: Head to Head – Pg. 12
- E7: Flick Pass – Pg. 12
- E8: Post Entry – Pg. 13
- E9: Open Man – Pg. 13 | E10: Outlet & Peak – Pg. 13

DYNAMIC WARM-UPS

Warm-ups should be conducted as a group, full court and prior to the day's activities. Lead coach should instruct and associate coaches should intermingle and assist in demonstrating proper warm-up techniques.

- Group stretch – players in multiple single file lines, sideline to sideline
- High Knees – players go sideline to sideline lifting their knees high after each quick step
- Heel Kicks – players go sideline to sideline kicking their heels to their bottom with each quick step
- Back and Forth – players to go sideline to sideline, first sprinting while keeping a dribble – back pedal back with basketball above their head
- Side to Side – players in multiple single file lines, and complete the tasks below while going sideline to sideline
 - Defensive stance facing baseline, rolling the ball along the floor while players shuffle sideline to sideline
 - Players sprint, on coaches whistle players complete a jump stop (conduct 2-3 times) sideline to sideline
 - Defensive stance facing baseline, players using finger tips to toss ball side to side over their head while shuffling sideline to sideline

ASSESSMENT DRILL

Full-court drill is designed to allow coaches an opportunity to observe and assess the campers' skill levels, prior to determining the station work for the day.

- Group is broken into corresponding age groups, split between two courts (6-9 & 10-14)
- Age 8-14 drill:
 - Full court drill setup – two player lines, one in each corner – right sideline
 - 3-4 cones starting at half court, placed angled to the goal (not past the 3pt line)
 - One coach in the opposite corner of player lines
 - Drill begins with an outlet pass to P1 (P1 must call for the call and communicate)
 - P1 receives the outlet pass in triple threat – dribbles up the sideline
 - P1 goes through the cones – passing to the coach stationed in the corner
 - P1 cuts towards the basket, lead hand out, calling for the ball
 - Coach completes the fast-break pass to P1 – who finishes at the rim, rebounds and starts the drill over with an outlet pass to the player line
- Age 6-7 drill:
 - Full court drill setup – one player line located in the left corner (no basketballs)
 - 4 cones starting at half court, placed angled to the goal (all the way to the paint)
 - One coach at the half court line
 - Drill begins with P1 defensive slide shuffling around the 3pt line from the left corner to the right corner
 - Once in the right corner, P1 sprints up the sideline towards half court
 - At half court P1 makes a jump stop and calls for the ball – coach delivers the pass
 - P1 then dribbles around the cones and finishes at the rim
 - P1 gets their own rebound, dribbles to the left corner and back up the sideline towards the player line

DYNAMIC SKILL DEVELOPMENT DRILLS

Skill development drills will be listed in this curriculum book in order of introductory to advance.

DEFENSE

Objective is to build an understanding of basic yet dynamic defensive concepts.

- Individual Defense – proper stance, footwork, hand positioning and concept of staying between the ball and basket.
- 2 on 2 Defense – proper help and recover techniques, how to protect the basket and working through screens
- Help Defense – how, when and where to help the helper – then rotate

*signature statements – palm to knee, communicate and stay low

INDIVIDUAL DEFENSE DRILLS

- Coach Says Δ – group drill that can be facilitated in a group of 10-100.
 - Players spread out baseline to baseline – players facing the coach along the sideline
 - Teach proper defensive stance, hand positioning, advancement shuffle, retracting shuffle
 - Coach goes through a sequence of commands (shuffle right, shuffle left, back, shot, etc.)
- D1 - Close Out Triangle – station drill that can be facilitated in a group of 10-20.
 - Players lined up along the baseline under the basket along the outside lane line
 - Coach is positioned at the three point line directly in front of the first player in line
 - Player makes a chest pass to the coach, the player works on proper close out on the coach and getting in proper defensive stance
 - Coach has the option to fake a pass, shot or blow the whistle to move the player along
 - If it's a pass – player gets in correct deny position
 - If it's a shot – player contests and then properly blocks the shooter out
 - If it's a whistle – player shuffles around the 3-point line until they reach the baseline and the drill is complete
 - Coach can increase the difficulty level by taking a few dribbles towards the basket
 - *assists in developing proper close outs, defensive communication and 1 on 1 positioning
- D2 - 4 Turn Δ – station drill that can be facilitated in a group of 10-20.
 - Players line up along the baseline, starting in the corner facing the opposite baseline
 - Players line up in a 1 on 1 situation (one player with the ball, one player in a defensive stance facing their opponent)
 - Offensive player may not go out of bounds or past the closest lane line
 - Offensive player has the objective to dribble past the defender without going out of bounds and reaching the half court line – all prior to being turned by the defender four times
 - Defensive player has the objective to make their opponent change direction (creating a “turn”) four times prior to the opponent reaching the half court line or being beaten off the dribble
 - *assists in developing a proper defensive shuffle, proper hand placement and defensive endurance
 - *assists in developing proper ball handling moves, keeping eyes up and not turning their back

2 ON 2 DEFENSE

- D3 - Close-Out Swing Drill – station drill that can be facilitated in a group of 10-20.
 - 2 offensive players on each wing – 2 defensive players in proper defensive position
 - 2 on 2 drill features a defender in help-side with the other defender on the ball – swing pass is created and help-side closes out and denies while the other retreats into help-side
 - Instructing the defender to close-out on the top, shoulder of the offensive player with outside foot back to force baseline
 - Instructing help-side to see man and ball with active hands, ready to move
 - Two skip passes per offensive player and then offense goes to the back of the line and defense becomes offense
 - **Level Up** – live 2 on 2 after one full rotation through the line
 - *assists in developing proper close-outs, defensive communication and help-side positioning
- D4 - Close-Out Live Shell – station drill that can be facilitated in a group of 10-20.
 - 3 offensive players located on each wing and the top of the key
 - 3 defensive players all under the basket
 - Defensive player 1 rolls ball out to the top of the key and close out properly
 - Offensive top passes to offensive wing 1 – making a reaction of defensive player 2 to close-out on offensive wing 1
 - Offensive wing 1 skip passes to offensive wing 2 – making a reaction of defensive player 3 to close-out on offensive wing 3
 - Once complete, live 3 on 3 begins until there is a shot and a rebound (limit to 4 passes and 1 shot)
 - Offense goes off and defense becomes offense
 - *assists in close-outs, proper defensive rotation, offensive movement off the ball, live play

HELP DEFENSE

- D5 - Shell Drill – station drill that can be facilitated in a group of 10-20.
 - 4 offensive players located along the 3-point perimeter
 - 4 defensive players located along the baseline, coach passes ball to offensive player & defense must sprint into correct position
 - Offense works the ball around the perimeter by passing
 - Defense reacts to each pass with the proper defensive stance and/or positioning
 - Defense must communicate out loud (ball, help, etc.)
 - 10-15 seconds on and then offense goes off, defense becomes offense
 - **Level Up** - increase difficulty by adding skip passes and dribble penetration
 - *assists in defensive rotation, defensive stance, defensive communication

BALL HANDLING

Objective is to build a foundation of basic dribbling skill development, while challenging the player to improve one move at a time.

- Fundamentals – dribbling with eyes up, using the fingertips, arm bar and keeping control
 - Proper triple threat position and peaking at the rim with every touch
- Dribble Awareness – using both hands, reaction times and multi-tasking to improve confidence
- Ball movement – demonstrating c-rips, proper pivots and transition moves

*signature statements: dribble with purpose & control

FUNDAMENTALS

- Stationary Demo ▲ - group drill that can be facilitated in a group of 10-100.
 - Every player has a basketball, spread out baseline to baseline, full court
 - Demonstrate proper stance – fingers wide, knees slightly bent, arm bar out to protect and eyes up
 - Right knee down on the ground, left knee up, fingertip dribble with your right hand
 - Coach displays a number of fingers above their head – players yell out numbers
 - Left knee down on the ground, right knee up, fingertip dribble with your left hand
 - Coach displays a number of fingers above their head – players yell out numbers
 - Everyone stands up – coach continues to display numbers while rotating around the court, making the players move their feet while keeping their head up and dribble active
 - Associate coaches walk around court swiping at basketballs to ensure arm bar protection
 - Everyone partners up – faces their partner and starts to stationary dribble using the same hand as their partner
 - Coach blows the whistle – player bounce pass the ball to their partner's free hand and they both stationary dribble with the opposite hand (repeat)

*assists in proper dribbling stance, execution of fingertip control, ball protection and eyes up
- B1 - Rookie Rounds ▲ – station drill that can be facilitated in a group of 5-20.
 - Every player has a basketball – circled around coach if space allows
 - Group performs the following stationary techniques to get familiar with control (ball handle first then dribble)
 - Stationary figure-8 rolls – players in stance with legs wide & chest up, players put ball on floor & roll it through their legs in the figure-8 motion
 - Change directions and ensure head is up, call #s
 - Fingertip dribble w/both hands – around the legs, figure-8, under each leg, side V-dribble, front V-dribble
 - Drop dribble w/both hands – player dribble waist high, then suddenly “drop” it by dribbling as low as you can, hold for seconds then bring it back to waist high
- B2 – Jab & Dab ▲ – station drill that can be facilitated in a group of 5-20.
 - Players line up on the sideline (single file, multiple lines) – cones are placed along the half court line (sideline to sideline)
 - Players execute a jump stop and a jab move at each cone
 - Jab & Go; Jab & Cross; Jab, Shot Fake & Go
 - Player only goes sideline to sideline – starts another line on the other side
 - Level Up – coach stands on the opposite sideline & displays call out numbers

DRIBBLE AWARENESS

- B3 - Stutter Drill Δ – station drill that can be facilitated in a group of 5-20.
 - Players line up on the sideline (single file, multiple lines) facing the opposite sideline
 - Players dribble across, stopping at the 1/3 and 2/3 marked w/cones
 - Players stop and get in the proper stance for stationary dribble until they complete 10 pound dribbles.
 - Each set is a different task while completing their pound dribbles (pat head; rub tummy; POUND, POUND, CROSS)
 - **Level Up** - increase difficulty by having players dribble with two basketballs
*assists in ball control, eyes up and multi-tasking which improves dribble awareness
- B4 – Cone Touch Relay Δ – station drill that can be facilitated in a group of 10-50.
 - Players line up on the sideline (single file, multiple lines, same number in each line) facing the opposite sideline
 - A set number of cones is placed between the player line and the sideline (3-5 cones)
 - Players dribble across completing the designated tasks while touching each cone
 - Basic left and right-hand lead dribble (dribble must be below their knee)
 - Player must finger-tip dribble while making one complete circle around each cone
- B5 - Control Δ – group drill that can be facilitated in a group of 10-12.
 - Players spread out along sideline – each player has (1) basketball
 - B1a) Players sit with legs outstretched – right hand fingertip dribbles
 - Coach tosses dodge ball to random players – players have to catch with their non-dribbling hand and toss it back to the coach while keeping their dribble alive
 - B1b) Players stand in a stationary dribbling stance, arm bar up, dribbles below their knee
 - Coach tosses dodge ball to random players – players have to catch with their non-dribbling hand and toss it back to the coach while keeping their dribble alive

*1.5 minutes for each hand and then switch

- B6 - Reaction Drill Δ – station drill that can be facilitated in a group of 6-20 (need even pairs).
 - Players are setup in pairs standing 4-5 feet away from each other
 - Player one has a tennis ball in each hand – arms out to their side
 - When player one drops a tennis ball – player two has to collect the tennis ball in just one bounce
 - Player one has one tennis ball and stands directly in front of player two
 - Player two has their hands placed behind their back and must catch the tennis ball prior to it hitting the floor when player one drops it from their outstretched arm
 - **Level Up** - as player two is retrieving the first dropped tennis ball, player one lobs the second tennis ball to player two's original location – forcing a quite turnaround for player two who must retrieve the second tennis ball in just one bounce
*assists player with developing quick reaction times and also a drill they can do at home
- B7 - Circle of Focus Δ – station drill that can be facilitated in a group of 10-12.
 - Players create a circle with spacing – start w/one basketball
 - Players kneel on both knees to start
 - Basketball is brought to “life” by a player using quick fingertip dribbles (below waist)
 - Player quick dribbles with their R hand over to the player next to them – where the next player takes over the quick dribble with their L hand
 - Basketball rotates around the circle without “dying”
 - Players must receive with their left and pass with their right (unless you have switched directions)
 - Coach can add in additional basketballs or call for a change in direction to increase challenge

*developing fingertip control while demanding vision and focus

- B8 - Footwork Focus Δ – station drill that can be facilitated in a group of 10-20.
 - (2) drill ladders are set along sideline in straight line w/space between for a line of players
 - Player line at the baseline facing drill ladder 1
 - Player line at midcourt facing drill ladder 2 (between the two ladders)
 - P1 at drill ladder 1 starts the drill by completing the ladder w/basketball
 - After completion, P1 triple threats and hands ball to the last player in drill ladder 2 line
 - P1 then joins drill ladder 2 line
 - Players in drill ladder 2 line hand off the basketball until it makes it to P2 at front of line
 - When P1 completes drill ladder 1 – the next player in drill ladder line 1 can start
 - P2 completes the ladder 2 w/basketball and then speed dribbles back to drill line 1

SHOOTING/OFFENSE

Objective is to teach the proper shooting form that concentrates on player balance and control of the basketball.

- Fundamentals – B.E.E.F. proper form, warming up your shot
- Shooting off the dribble – getting feet set, moves that create an open look
- Shooting off the pass – proper footwork off the screen, receiving and getting set for a proper shot

FUNDAMENTALS

- B.E.E.F. Δ - group drill that can be facilitated in a group of 10-100.
 - All players spread out full court, all facing one sideline
 - All players have a basketball
 - Teach and demonstrate B.E.E.F. without the basketball first
 - B – balance, correct foot placement, knees bent
 - E – eyes on your target (always peaking)
 - E – elbow straight and tucked in (lock and load)
 - Non-shooting hand there like the heel of the bread (finger tips only)
 - F – follow through (hand in the cookie jar)
 - Non-shooting hand does not extend above your head
 - On coach's whistle, players yell out the next step to the form (i.e. BALANCE, EYES, etc.)
 - Players then execute with the basketball – stress the importance of proper back spin
- MJ Warm-Up – station drill that can be facilitated in a group of 5-20.
 - 5 players placed around the basket, about 1 foot out, other players create a line behind them
 - In order each player demonstrates proper balance, elbow straight and follow through
 - Each get their own rebound and goes to the back of the line – allowing the next group of 5 to step up
 - Each rotation the coach moves them a foot out each time – finally adding the non-shooting hand into the form
 - *assists the player in proper form shooting, rereinforcing the proper use of the non-shooting hand – also teaches proper shooting warm up

SHOOTING OFF THE DRIBBLE

- A1 - C-Rip Shooting – station drill that can be facilitated in a group of 5-20.
 - Players in two single file lines at top of key, facing a folding chair or coach located at each elbow
 - Players make a c-rip, lead leg extended while keeping low to burst past the coach or chair
 - Player takes one dribble then shoots
 - Series of fakes can be incorporated in – pass fake then c-rip, shot fake then c-rip
 - **Level Up** – coach slowly work the lines out further or around the wing to the baseline
 - *assists players in coming off the screen ready to score, how to get past the defender
- A2 - Corner Shooting – station drill that can be facilitated in a group of 5-20.
 - Players form a non-shooting line at the top of the key and starts with the basketball
 - Players form a shooting line in the baseline corner, 3-point line extended
 - Non-shooting line, peaks, make a c-rip, dribbles towards shooting corner, then passes to shooter
 - Shooting line makes a v-cut, plants and burst towards the middle with hands up ready to receive the ball – once received, player shoots and follows rebound
 - Players switch lines and rotate
 - Coach mix in different fakes for the non-shooter line
 - **Level Up** - coach mixes in different off-ball movements for the shooter line (v-cut, walking defender to the paint, curl off the screen, etc.)
 - *assists players in off the ball movement to get open, squaring up to the basket and maintaining control prior taking the shot
- A3 - Give & Go Shooting – station drill that can be facilitated in a group of 5-20.
 - Players in single file line, 3-point line extended on wing
 - Coach located on opposite wing
 - Player passes to coach, makes an off the ball cut (screen curl to the middle, screen curl and flare, v-cut, etc.)
 - Coach pass to the player, who completes the catch and shot
 - **Level Up** – place a defender in front of the offensive player, who must use the moves taught to create space and get open
 - *assists player in creating space, receiving the pass from various scoring positions
- A4 – Partner Shooting – station drill that can be facilitated in a group of 4-20.
 - Players are partnered up in even numbers
 - Place two pairs of players on the court, one pair on the right side of the lane and one pair on the left side of the lane
 - Start players out closer to the rim at the beginning
 - Players have one minute to make as many shots as they can – trying to make more than the other pair
 - The player that shoots, must rebound their own shot and pass to their partner that is in the designated shot location
 - Rotate through all players
 - **Level Up** – move players further back, creating more distance to the rim if they need to be challenged
- A5 – Agility Shooting – station drill that can be facilitated in a group of 6-20.
 - Players start in a single file line on a wing
 - Agility ladder placed along the top of the three point arch
 - Player starts by completing the agility footwork task, then cuts towards the basket with hands ready and leading the pass
 - Coach stands on opposite wing and delivers the pass for the layup or jump shot
 - Players get their own rebound and place basketball in the ball cart positioned by the coach
 - *assist in footwork, importance of hands ready and impactful cuts

LAYUPS/FINISHING

Objective is to teach the proper fundamentals of finishing around the rim while protecting the basketball using these basic, yet effective moves.

- Fundamentals – correct footwork, timing and hand placement for basic right and left handed layups
- Protecting & Finishing – demonstrating effective ways to attack and protect the basketball while finishing around the rim (taking the most direct path to the basket, long c-rips past the defender, etc.)
- Paint Moves – demonstrating fundamental moves that allows players of various positions to score while in the paint

FUNDAMENTALS

- Group fundamentals for rookies
 - Right hand layups – left planter foot, both hands on the ball until the ball is eye level, then hands separate with the left hand protecting against the foul and the right hand extends for the finish
 - Left hand layups – right planter foot, both hands on the ball until the ball is eye level, then hands separate with the right hand protecting against the foul and the left hand extends for the finish
 - Ball rests on fingers and top of palm (still leaving space between the ball and palm)
 - Take direct paths to the basket – no lateral moves, keeping the defender on your hip and your off hand between the ball and the defender to protect against the foul
- C1 – Layup High Five Drill – station drill to be completed in a group of 5-20.
 - Players line up in a single line elbow extended (no ball needed)
 - Right Hand – first player in line takes the 1-2-step with the correct footwork (right foot first, left foot second) – player says the steps out loud, then finishes with the right hand extended up, giving the coach a high five
 - Left Hand – first player in line takes the 1-2 step with the correct footwork (left foot first, right foot second) – player says the steps out loud, then finishes with the left hand extended up, giving the coach a high five
 - **Level Up** – add a basketball to the layups
 - *assists player in correct footwork, fully extending for the layup without the distraction of the basketball
- C2 - 2 Man Elbow Drill – station drill that can be facilitated in a group of 6-20.
 - Players form two lines, one for passers and one for the shooters, three point line extended from the elbows
 - Start the drill with the player from the shooter line making a cut towards the corner to get open, curl back around the elbow and make a cut to the basket, receives a pass from the passer line to finish the play
 - Players from the passer line are challenged to make a dribble move, get around the stationed coach at the elbow and making the delivery pass to the cutter
 - Rotations for movers-shooters: corner cuts w/screen rolls, middle cuts w/screen rolls, basic layup, jump shot and reversal
 - Rotations for passers: crossover, between the legs, pivot and spin, bounce pass, lob pass, lead pass
 - **Level Up** – coach plays defense on the shooter, designed to make the players read the defense to decide the best pass or cut
 - *assists players with creating space for a pass, setting up the cut and finishing at the rim while in transition (drill can be as basic or advanced as needed based on camper skill level)
- C3 – 1-2-Layup Drill – station drill that can be facilitated in a group of 5-20
 - Players line up in a single file line at the elbow
 - Cones or dots are place where the player would take their last two steps to complete the layup
 - First person in line has a basketball and starts the drill when the coach says go
 - Player steps beside or on the dots completing the 1-2-step to shoot the layup correctly
 - Rebound and goes to the back of the line
 - *drill is for rookies, assists them in understanding the correct layup footwork

- C4 - 2 Dribble Space – station drill that can be facilitated in a group of 10-20.
 - Player line 1 – baseline right wing
 - Player line 2 – baseline middle of paint
 - Player line 3 – baseline left wing
 - P2 starts at the top of the key
 - Coach rolls the basketball out to P2 – triggering a sprint from P1 & P3 to the half court line and then a cut to the basket
 - While P1 & P3 are sprinting – coach and P2 are working on stationary ball protection and space pivots
 - When P1 & P3 reach the 3pt line – play is live and P2 is limited to two dribbles to either complete a cutter pass or a drive to the basket
 - Players rotate from Player line 1-2-3-1

*drill develops stationary ball protection, vision and pass timing

PROTECTING & FINISHING

- C5 - Cone & Drive Drill – station drill that can be facilitated in a group of 6-20.
 - Players form two lines under the basket, one on each lane line
 - The scorer line has a player with a basketball – the defensive line does not
 - Both players start at the same time, racing around cones set at the elbows from the outside in
 - Once the players turn the corner around the cones to enter the paint – the drill becomes a 1-on-1 with the scorer having the objective to finish at the rim using a limited number of dribbles and staying within the confines of the lane
 - *assists players with speed dribbling, 1-on-1 attack, finishing at the rim, defensive stance and shuffle
- C6 - 3 Way Drill – station drill that can be facilitated in a group of 6-20.
 - Players line up along sideline between half court and three point on the left side
 - (4) cones are placed sideline to top of key, (1) cone placed at each elbow
 - Players complete required dribble move through the sideline to sideline cones (i.e. crossover, through the legs, behind the back, etc.)
 - Player then completes a dribble step hesitation move at the elbow cone (to replicate pushing the defender into the paint a few steps then dribbling it back out to the three point line)
 - Player then crosses over, changing direction of the drive and attacking the basket to finish the layup (can rotate with jump shots and reversal)
 - **Level Up** – coach replaces the cone, choosing to either cut off the drive at the elbow, making the player switch directions OR give the player a pass allowing them to complete the drive
 - *assists player with reading the defense, dribble control, dribble penetration & finishing
- C7 – Up & Under Drill – station drill that can be facilitated in a group of 6-20.
 - One player will start on each block – with two multiple player lines on the wings in front of them
 - First player in line with the ball will start in triple threat and make a good entry pass to the player on the block
 - Player on the block will catch the ball and execute an up and under, get their rebound and go to the back of the line
 - The payer who made the entry pass will then take the spot of the player on the block and prepare the receive the pass from the next person in line
 - *assists with entry passes and post moves

- C8 - No Back Up - group drill that can be facilitated in a group of 10-12.
 - Player line at top of the key, 3pt line extended
 - P1 faces the goal w/back to P2
 - P2 places the basketball on the back of P1 (P1 is not allowed to put arms behind them)
 - Drill starts when P2 removes the basketball off the back of P1 and chooses a side to attack
 - P2 gets a limited number of dribbles to get to the goal – P1 plays transition defense
 - Only one shot is allowed – players should be finishing at the rim

*develops attacking the hip, first step of the drive should be directly to the goal, not wide

PASS AND CUT

Objective is to teach the effective fundamentals of proper passing techniques, off the ball movement, creating space for give and go that assists players in creating scoring opportunities.

- Fundamentals – basic pass completions (chest, bounce, skip)
- Passing off the dribble – creating space for a clean pass, leading the cutter
- Play creation – using the skills obtained on dribbling to create space, cutting to create movement and delivering the correct pass

FUNDAMENTALS

- E1 - Partner Passing Δ – station drill that can be facilitated in a group of 6-20.
 - Players are partnered up, two lines with players facing their partner, one basketball
 - Coach demonstrates correct passing for bounce pass and chest pass
 - Players practice by passing back and forth to each other – coaches move partners further back each time
 - Ensure correct stepping, hand placement, passing out of the triple threat, etc.
 - **Level Up** - Coach can make a competitive game by placing a player in the middle of two passers – middle player becomes the defender and utilizes proper close outs
 - Passers cannot pass the ball until the defender has reach them
- *assists rookie players in developing the correct passing techniques
- E2 - Triangle Passing Δ – station drill that can be facilitated in a group of 9-20.
 - Players create three lines (top of the key and two corner lines – 12-15 feet apart)
 - Coach can use cones to keep the lines from creeping inward throughout the drill
 - Ball starts at the top of the key – pass is completed to the right corner line, player starts behind the cone, bursts towards the pass and receives the pass in triple treat position, then passes to the next line in the same direction
 - After making their passes, players sprint to the line they just completed a pass to (no walking)
 - Coaches can change direction of the passes and also rotate in each pass skill (bounce, chest and skip)
- *assists young players in bursting towards the ball to receive the pass, proper passing techniques and swinging the ball
- E3 - Rapid Passing Δ – station drill that can be facilitated in a group of 6-20.
 - Arrange players into a wide circle
 - Start with a coach in the middle – passing one ball around the circle in order
 - Next add a second ball that is handed off from player to player around the circle – the coach still continues to pass in order around the circle
 - Next a player in placed in the middle of the circle – and passes in order around the circle, trying to catch up to the ball being handed off by the players

*assists player with keeping eyes focused, peripheral vision to see the incoming pass and ready hands to receive any pass

- E4 – Passing Line Drill Δ - station drill that can be facilitated in a group of 6-20.
 - All players need a basketball and line up single file in the designated area, arm's length apart
 - All players dribble in place once the drill begins
 - The coach moves in front of each player, showing hands and making eye contact
 - Player makes the demonstrated pass to the coach and the coach passes back, then moving to the next player
*assist rookies with stationary dribble, passing off the dribble, seeing the open hands
- E5 – High Post Pick & Drop Drill – station drill that can be facilitated in a group of 6-20.
 - Player line located on the wing
 - Coach located at the elbow of the corresponding wing
 - First player in line starts in triple threat, makes an entry pass to the coach at the high post
 - Curl - player curls off the high post – receiving the hand-off pass from the coach and finishing at the rim
 - Backdoor – player sets a screen towards the baseline, then slips and bursts towards the low post – receiving the pass from the coach and finishing at the rim
 - **Level Up** – have each player take a full rotation at the coach/passer position
*assists players with understanding the entry pass for a high post pick, gives understanding of options out of a screen

PASSING OFF THE DRIBBLE

- E6 – Head to Head Drill Δ – station drill that can be facilitated in a group of 6-20.
 - Players split into two single file lines and face each other with about 10 feet between
 - First player in line 1 starts with a basketball – performs the designated action movement (i.e. high fake, low fake, shot fake) makes a direct cut and dribbles three times
 - Player finishes the movement by completing the designated pass (i.e. bounce, chest, left flick, right flick) to the first player in line 2
 - First player in line 2 then performs the same sequence towards line 1
 - Make sure the first player in each line is meeting the pass and ending in triple threat
 - *assists players in action movements and passing off the dribble

PLAY CREATION

- E7 – Flick Pass Drill – station drill that can be facilitated in a group of 6-20.
 - Players split into two single file lines – line 1 at the top of the key and line 2 at the wing but even with line 1 (so extended)
 - First player in line 1 will start in triple threat, make an action movement, then drive to basket on the same side that corresponds with line 2 (i.e. if line 2 is on the right, then line 1 drives to the right side of the lane)
 - When the player in line 1 drives, the first player in line 2 also moves and cuts into the wing
 - The coach makes a defensive move towards the driving player – making the player flick pass to the teammate cutting from line 2
 - Player from line 2 finishes with a shot and gets their own rebound – players rotate lines
Level Up – change the moment when you make your defensive movement, change it up and cover the cutter instead making them have to decide in real time whether to pass or score
*assists player in making game time decisions in the moment, ensure they are properly executing the flick pass (one handed using the hand closes to their cutting teammate)

- E8 – Post Entry Pass Drill – station drill that can be facilitated in a group of 6-20.
 - Player line at the top of the key – one player on the wing outside of the three point line
 - One chair or cone placed in front of the player on the wing
 - Coach is positioned at the high post (can alter to low post for a level up)
 - First player in line goes from triple threat, pivots and make a pass to the player on the wing
 - Player on the wing receives the pass in triple treat, fakes high pass into the post and then makes a step bounce pass into the post – after the pass the player then makes a direct cut to the basket where they receive a drop pass from the coach – player finishes with a layup
 - Rotation goes from top of the key, to the wing, to the back of the line
 - Alternate between a fake high pass to a fake low pass and ensure that players are making hard direct cuts
*assist players in making proper post entry pass as well as movement after the pass
- E9 - Open Man – group drill that can be facilitated in a group of 10-12.
 - Create (3) player lines along the baseline – line 1 wing, line 2 paint, line 3 wing
 - Create (1) player line w/two players and basketballs at top of key, 3pt line extended
 - Place the drill ladder at the top of the key going sideline to sideline
 - P1 at top of the key starts the drill by going through the drill ladder w/basketball
 - As P1 reaches the end of the ladder, coach yells out “1, 2 or 3”
 - The number yelled triggers the P2 standing in the corresponding line – P2 sprints out to designated shooting cone, hands ready, calling for ball
 - P1 must react and complete the pass to the open man – **then finish by cutting on the opposite side through the lane**
 - P2 shoots, grabs the rebound and sprints to the line at the top of the key
 - P1 sprints to the line number that was just called, replacing that player
 - Coach can also release the player lines with a tap on the shoulder in place of calling out the line number
 - Coach plays dummy defense on the point player, making vision difficult

*assists the point to get head up, scan the court, find the open man

- E10 – Outlet & Peak – group drill that can be facilitated in a group of 10-12 (two coaches required).
 - Player line top of key 3pt line extended w/the second player in line with the basketball (P2)
 - P3 is located at the elbow and P4 is located on the opposite block
 - Coach 1 is floating on the right wing (defense) and Coach 2 is floating between P3 & P4 (defense)
 - P1 starts the drill by cutting to the right (touching a cone) and sprinting to the wing while calling “outlet”
 - P2 passes to P1 – P1 then must secure the basketball in triple threat, peak at the rim to create vision and decide who is open – P3 or P4
 - Coach 1 applies defensive pressure to P1
 - Coach 2 selects either P3 or P4 to defend
 - P1 is limited to two dribbles and must make the pass for the shot
 - P1 fills the player position that shot – P2 fills P1 – player that shot rotates to the line

COMPETITIVE GAMES

Competitive games will be used to break up the station work and allow the campers a fun activity while incorporating the skills they have learned throughout the day.

- Dribble Pac-Man – half court or smaller, two or three players are Pac Man and trying to tag out the others
 - All players must dribble at all times
 - All players must stay along the painted court lines
- Dribble Knockout – half court or smaller
 - All players have a basketball and start inside the designated “in-bounds” area
 - Players must continually dribble without double dribbling
 - All players are trying to knockout the other players basketball away from them so that it goes out of bounds
 - Coaches can continue to make the space smaller and smaller to increase difficulty
 - Continue until there is one player remaining
- 3vs3 – quick one shot rotation
 - Players are divided up into team of three
 - Teams play a 3 pass and 1 shot sequence 3 vs. 3
 - If offense scores they stay on and defense goes off
 - If defense makes a stop – offense team goes off and defense team goes to offense with a new team rotating into defense
- Musical Basketball – can be broken into groups of 10 (depending on how many goals are available)
 - Every player needs a basketball
 - Basketballs are placed in a middle location
 - Music starts and players walk around the circle of basketballs
 - When music stops the players grab a basketball, dribble to the closest goal and scores
 - First to score moves on to the next round and all other players are out
 - Continue (x) amount of rounds to accommodate the group size, then hold a final winners round
- Knock Out – divide up onto multiple goals and then have a winners round
- Layup Knock Out – one player line starting between low block and free throw line – everyone has a basketball
 - Player line gets moved out further as the games goes on, free throw line extended, three pt line extended, etc.
 - If a player misses the layup – they are automatically out – must shoot with the correct hand
 -
- Cone Conquer – just need on basket and two lines of players (can facilitate with more lines, recommended that there are not more than 5 players in each line)
 - Same number of cones are needed for the number of players you have in line
 - Player line select a place to start from on the court (i.e. corner, wing, free throw, etc.)
 - Game begins with the first person in line shooting, if they make it, they get to go take a cone from another team’s line and place it on their own line cones. If they miss it, they rebound and pass to the next person in line.
 - Team with the most cones at the end of the time limit wins
- Hot Hand – shooting game consisting of three lines of players competing to make the set number of shots before the other lines
 - Set the designated shot – jump shot, set shot, 1-dribble shot
 - Set the designated number of shots the lines have to hit (i.e. 10 made shots)
 - Rotate the lines around from wings and center

- Free Throw Golf – free throw game for rookies
 - Each person takes two shots at the free throw line (rotate to where each person gets to shoot 5 times)
 - If the player swishes they get minus 2 points
 - If the player makes it but makes contact with the rim they get minus 1 point
 - If the player misses it they get plus 1 point
 - Player with the lowest score after the set number of rotations wins
- Drive & Kick Competition – players divide up into two groups (four single file lines, lateral from top of the key)
 - Shot cones are placed outside the lane on either wing
 - First player in each inside line drives to the basket and flick passes to their partner cutting from the outside line
 - Shooter gets their own rebound and rotates lines (on their corresponding side)
 - First side to complete the designated number of shots win
- Up & Down Game – divide players into two teams, an “UP Team” and a “DOWN Team”
 - Spread cones around in area – same # of cones down as up
 - All players have a ball & must dribble at all times
 - Teams try to get all the cones UP or DOWN
 - Players cannot guard cones
 - Place a time limit on the game (2 minutes)
- 1-Shot Relay – divide players up into three lines (wing, middle of paint, wing)
 - One cone placed at three point line extended for each line
 - Players must dribble around the cone three times and then shoot at the designated place for their line
 - One shot only per turn, player cannot re-shoot
 - First team to get to the designated amount of made shots - wins
- Thunder Shot – players get 1 minute to obtain as many shots as possible
 - Player starts at the furthest cone – on go, they must dribble between the cones and attempt a layup (if the player is left handed, switch the cones to the other side and switch the placement of spot 5 and 1, 2 and 4)
 - Players can choose from whatever shot spots they want, but cannot make consecutive baskets from that spot (ex. If they make it from shot spot 1, they must attempt a shot from a different spot before returning to shot spot 1)
 - No rebound assistance
 - Only made baskets count towards the total score

SIGNATURE STATEMENTS

To achieve consistency and lead the community in becoming one inner connected network of youth basketball support and continuity – we need to effectively utilize signature statements and trigger words that reflect the Thunder Youth Basketball core values and development objectives.

Statements and words should reinforce the camp curriculum and objectives.

- Play with HEART
 - Hard work, give 100% effort each day at practice, games and school
 - Encourage, support your teammates to give their best effort each day!
 - Attitude, approach each challenge on and off the court with a positive attitude
 - Respect, show respect to opponents, officials, teammates, coaches and others at all times
 - Teamwork, working together and making our teammates better is the importance of teamwork
- Action movements out of triple treat
 - Jab & Go, Jab & Cross, Shot Fake
- Defense: palm to knee, active hands and feet
- BEEF – balance, eyes, elbow and follow through
- Dribble with purpose and control

- **Jab steps** take the ball from knee to knee with intensity – making the defender believe the ball is going on the floor
- **Tuck Backs** is an offensive pivot used to create space when defense is applying pressure
 - Player goes from triple threat, pivots back 90 degrees, pivots forward 180 degrees and then back to triple threat
- **Finish High** – players should finish layups and put backs high off the backboard – no run ups
 - Finishing high will increase make probability when fouled and fatigued
- **Attack the Hip** – players should make direct drives, attacking the defenders hip with a quick long step
 - No wide steps – this allows the defender to react and re-position
- **Step 2** – players should be developing habits of stepping towards the pass EVERY time – never waiting on the pass to come to them

We are naïve to think that campers will do what we *say* and not do what we *do*.

Understand that you are “on display” as a role model the minute you walk in the gym for camp.

Are you attending an event or an opportunity?

How will you appreciate the opportunity you have been given each day? It’s all about the approach.

Be a kid’s ENLARGER!

Boost a campers success so that their moments become memories.