

CLINIC WORKOUT

Opening Remarks

- Go over house keeping
 - Bathroom
 - First Aid
 - Water Fountain
 - Being a team player
 - Sportsmanship

Warm-up

- Everyone make even lines on the baseline
 - Slow jog down and back
 - Skip
 - High knees
 - Butt kicks
 - Jump-stop and reverse pivot
 - Defensive slides
 - Face one side of the wall down and back
 - Butt down hands up, go slow not a race
 - Arm circle 'jog'

- o Down backward come back forwards
- Circle Up
 - o Everyone touch their toes
 - o Reach as high as you can
 - o Spaghetti and meat ball

Ball Handing

- Everyone get a ball and make a big circle
- Teach Triple Threat
 - o Athletic position, knees bent, back straight, ball held strong
 - Show that if you blow the whistle or say triple threat everyone must get into this position. Coaches go around and knock out ball. If ball is knocked out everyone must run a lap.
 - Taps (Keep Arms Extended, don't look at ball)
 - Taps Up & Down
 - Taps in Circle (Switch Direction after 4 circles)
 - Ball Slaps
 - Ball Swings
 - Around the Head x5

- **Around the Waist x5**
- **Around Both Legs x5**
- **Around each Leg x5**
- **-Switch Directions**
- **Figure 8 no Dribble**
- **-Reverse Direction**
- **Toss & Catch behind Body**
- **Quick Hands between the Legs**
- **R Hand Dribble**
- **-Low**
- **-Med**
- **-High**
- **L Hand Dribble**
- **-Low**
- **-Med**
- **-High**
- **In & Out (R/L)**
- **Push& Pull (R/L)**
- **Cross Over in Front**
- **-Low**
- **-Med**
- **In and Out Cross Over**
- **Double Cross Over**

- Between the legs
- -Switch Directions
- Scissors
- -Switch directions
- Behind the back
- Figure 8
- Spider
- Pistol Pete's

2 Ball Dribbling

- Use only with older group and if talented enough

Stationary:

- Together
- -Low
- -Med
- -High
- Alternate
- In & Out
- Push & Pull
- Cross Over

- Between the Legs
- Behind the Back
- Figure 8
- -Reverse Direction

Moving 2 Ball Dribble:

- Together
- Alternate
- Cross Over
- Between the legs
- Behind the Back
- Spin
- Speed

Dribble Knockout

- Played inside 3 pt. line and get small and smaller until only two players left

Ally Says

- Play two times, use basketball fundamentals previously taught

Defensive slide drill

- Teach Defense (slap the floor and get into stance)
- Teach Shot (yell shot and turn and box out)
- Loose ball (dive flat on the floor face first make sure hands and chin are up so no one gets hurt)
- Charge (fall on butt and keep head up)
- Slide (point direction for players to slide)
 - Defense concepts say push push keep butt low and knee bent hands by ears

Form Shooting:

Step 1: Ball in hand with palm facing towards the sky

Step 2: L Shape

Step 3: Add Guide Hand

Step 4: Shoot and Hold Follow Through

-Get to a basket and practice 10 shots minimum

STAY CLOSE TO BASKET

7 Offensive Shots:

1. Lay Ups

-Running

-Jump Stop

-Reverse

-Down the middle

2. Catch and Shoot

3. Shot Fake

4. Off the Dribble

5. Post Moves

6. Off the Screen

7. Off the Back Board

Make Minimum of 10 each, may Spin Out to self

Get to a basket and make lines, may play
competition of first team to make 10 baskets
wins

Knock Out

- Play at two baskets

1 on 1:

-3 Dribbles

-Must Spin Out with Back to defender then pivot
and face

-1 shot no offensive rebounds

-First Person to 3 or 5 points wins

Free Throw Shooting Contest:

-Go till everyone misses or someone makes 10 to
20 in a row

State Championship:

-R Side Lay up from half court in 5 Seconds

-L Side Lay up from half court in 4 Seconds

-Down the middle from half court in 3 seconds

-3 Point Shot over Coach 5 Seconds

If completed entire camp gets a Gatorade for
next camp!

For little kids add an extra second