NEWMAN SUMMER BASKETBALL CAMP - Sample Schedule

Day 1

I. Introduction – Camp rules.

II. Stations (8 minutes each)
   a. Passing/catching:
      i. Fundamental passing, triple threat stances (jab, sweep, swing)
      ii. Pass fakes, meeting pass, communicating
      iii. Crossover move – backoff dribble
      iv. Point direction (crossover)
   b. Shooting:
      i. 1 step layups, 1 bounce layups – introduce power/shot fake
      ii. Shooting fundamentals:
           1. Arm swings and shooting pocket
           2. 1 motion (no ball/with ball)
           3. 6 point grip drill
   d. Defense:
      i. Mass reaction – low, wide stances (no hands). Quarter eagle footwork.
      ii. Push step form – slow to right and left.
      iii. Introduce drop step – staying low!
      iv. Diagonals (no ball/no hands)
   e. Rebounding:
      i. 1/0 offensive rebounding – attack opposite from where it was shot
         (putbacks/shot fakes)
      ii. 2 man fetch – score it twice and get outside arc ready to rebound!
      iii. 1/0 contesting the shot without fouling – introduce TAG! Hip, whip
         and maintain contact with feet – FORM!

III. Free throw competition – 2 groups. DAILY WINNER!

IV. 3/3 Cat and Mouse games on the clock – OT is sudden death.

V. 5/5 full ct. competition – TEAM PLAY!
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Day 2

I.  Passing and Catching:
   a.  Fundamental passing review
   b.  Review the crossover in each direction – work for mastery here
   c.  1/0 getting open on the wing – V CUTS, catch and face.
   d.  Introduce the sweep and go for a layup.

II. Shooting:
    a.  1 step, 1 bounce review
    b.  Introduce 1 bounce into a power layup – add shot fake
    c.  Arm swings into pocket, 1 motion up and out – no ball, with ball
    d.  6 point grip drill

III. Ball handling:
    a.  Control dribble – half ct.(pretzel) and back
    b.  Backoff cross – half ct. (shoestring dribble)
    c.  Through the legs – half ct. (scissors)
    d.  Around the back – half ct. (spider drill)

IV. Defense: **talk about fouls, pressure without fouling!**
    a.  Mass reaction – ball pressure stances with hands
       i.  **Ball, Ready, Dead**
       ii.  3 dribbles / 3 verbals
    b.  Diagonals without ball, then add ball, “head on the ball”
    c.  Driver drill
    d.  Closeout stances – half ct. and back.

V.  FREE THROW COMPETITION

VI. 3/3 CAT AND MOUSE

VII. 5/5 FULL COURT COMPETITION – **TEAM PLAY!**
NEWMAN SUMMER BASKETBALL CAMP - Sample Schedule

Day 3

I. Passing and catching:
   a. Fundamental passing review
   b. Point direction (crossover)
   c. Back to the passer
   d. Keep away – pressure on the ball with active hands and feet!
   e. Introduce 2/0 v cut passing drill – emphasize the timing and their stances.
      Catch and face for a 2 count.

II. Shooting:
   a. Cross drive for layup, power layup and pull up.
   b. Fundamentals of shooting:
      i. On the back shooting – no ball / with ball
      ii. 1 motion – no ball / with ball
      iii. Over top of rim to superman and back
      iv. 7 spots – touch drills (no step in)

III. Ball handling:
   a. Stationary dribbles:
      i. Left hand (low/high – HARD!)
      ii. Right hand
         iii. Pretzle, shoestring, spider and scissors
   b. Attacking dribbles – discuss the difference between control and attacking
      dribbles
      i. Stutter steps – blast and cross
      ii. Inside out – cross
      iii. Fake cross

IV. Rebounding – ball in the circle (SMASH)

V. Defense:
   a. Closeout stances to half ct. – contest and tag!
   b. Close out to ball pressure stances – ball, ready and dead!
   c. 4 man shell – closeouts to check positioning, jump to the ball in stance, vision
      of ball, closing the holes with body (early help/quick recovery in closeout)
Day 4

I. Passing and catching:
   a. Keep away
   b. 2/0 v cut passing:
      i. Catch and face (2 count)
      ii. Sweep and go for layup, then power
      iii. Give and go
      iv. Back cut
   c. Introduce the dribble follow into these same scoring options

II. Shooting:
   a. Fundamentals of shooting:
      i. Arm swings – defining your “pocket”
      ii. 2 lines – touch drills each side (1 motion up and out from your pocket)
      iii. Introduce the bicycle step ins into 1 motion – discuss being in the pocket when your second foot hits and into your shot! Why do we need to develop quickness?
      iv. 2 lines – bicycle step ins from pocket each side
   b. Introduce the shot fake – stay low and make it real!

III. Rebounding – Ball in the circle (smash technique)

IV. Ball handling:
   a. Dribble V’s in place, quick.
   b. Control dribbles – half ct and back: do a quick drill at half ct.
      i. Backoff cross
      ii. Through the legs
      iii. Behind the back
   c. Attacking dribbles vs. live defender – defense cannot move his feet. Finish at the rim!

V. Defense:
   a. Closeout to ball pressure stances – 4/4 everyone with a ball
   b. Closeout to push drills – baseline force, force to point.
   c. 1/1 from the top, live - make it take it.