

CRISPIN BASKETBALL

enjoying and imparting the game

Crispin Basketball Camp - 2018 - Day #3
Grades 7-9 - 12:30-4:00

Basic Structure

- Skills and Drills
- Breakdown Games/Play
- Olympics
- League Play

Quotes for the Week

- 1) "Only a few things really matter."
- 2) "Master the boring."
- 3) "Failure is your friend. Fail more."

Basic Schedule

- 12:30-12:35 - Introduction/Warm-up
- Campers of the Day
- Most Positive/Encouraging
 - Hardest Worker
 - Quote for the day

Set the stage for the day. Give it a theme. Reward what you value and want them to value.

- 12:35-12:55 - Groups of 4 - Ball-handling
- Pivot foot

Partner pivot, an undervalued habit. Work on in partners so they are responsive and simple, but game-like.

- 2 on 2 passing

Keep away game, multiple game-like passing decisions in a small space. Most turnovers happen in small-space passing situations. This maximizes meaningful repetitions and is fun.

- Jab and cross, reverse pivot in groups

Hard skill work with multiple repetitions. Simple, engaging and will build upon in the station groups. Work on jab/cross with left and right as the pivot foot.

- Side-to-side dribbling.

Different dribble moves. Attack your partner, make the move midway. Focus especially on double moves. End with 1 on 1 knockout in order to apply moves to game situations.

Break

- 12:55-1:07 - Push the boundaries talk - "Failure is your friend."
- Divide into workout groups and do 2 line form shooting

Focus of today is especially on pushing the boundaries from a personal standpoint. In drills and applying what you have picked up on this week. Push yourself to mess up. This is the only way to improve. When in play, experiment and try new things. Failure is the only way to learn.

- Switch up 2-3 per group

Switch up the groups, for different look, to play with different players each day. Diversity is good.

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1:07-1:50 - Stations - 7 Minutes - Drill Teams
- 1) 2 on 1 Lay-ups

Simple game-like 2-1 reps from different angles. Maximize repetitions for passing decisions and finishing with defense close to the rim. Everyone can make an open lay-ups, but you need to get good at making lay-ups vs. the defense. We want kids to make tougher lay-ups in games vs. defense, so we need to put them in those situations all the time.

- 2) Closeout 1 on 1

Defense is at a disadvantage. This is the opportunity to work on closing out defensively and attacking offensively. Here is where you apply what you are working on with all your footwork, jab/cross, etc. Depending on the group, limit dribbles or where they can catch it on the floor.

- 3) Dribble knockout/footwork to dunks - jab/cross - lower rims

Fun station, but much more going on than we might think. Game-like dribbling opportunity in knockout.

Fun finishing station with good work on the footwork.

- 4) Up and under footwork shooting— Aaron

Post footwork action off the dribble. Good counter for when you pick up your dribble. Add fake defense at the end, but run through the basics as much as possible.

- 5) Footwork station - ladder, explosive work.

Footwork, mobility, explosiveness. Into 1-on-1 games for competitive play.

Break

1:50-2:00 - Knockout Round of Champions

Fun change of pace. And a good way to give kids a break during a long day. End with champion round. Winner gets a Gatorade. It's amazing how much energy is involved in pursuit of a gatorade! Better yet, winner's entire group gets a gatorade. Then kids cheer for each other.

2:00-2:35 - Half court Play - 7:30 each

If you create the right game, kids will learn more through play than through a whole host of different breakdown drills. There should be a teaching aim in every single game you choose to play. You can adjust the rules of the game to teach the skills you want kids to learn. The best learning is the kind you get when you are busy doing something fun!

- 1) 4 on 4 Box play - 3 sec. ball clock

This game is simple and teaches kids how to space the floor well. It also forces them to move the ball every 3 seconds, so there is no option, but action. Depending on the level of the group, you can limit the ball clock even more in order to force them to make more decisions with and without the ball.

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- 2) 2 on 2 - 2 baskets per group - no switching on d - ball screen

This is designed to teach help and recover defense. It simplifies the decisions of the defense, so that they can see when they fail. Start with the ballscreen, because it is simplest and most obvious.

This also helps the offense make a ton of 2 no 1 decisions, particularly when you make the defender go over the ballscreen. The ability to gain a feel for this play is foundational to their future. I believe you should play some measure of 2 on 2 every single day, no matter what level you coach.

- 3) 5 on 5 - 4 passes, 1 second

This game is all about quick decisions. You cannot hold the ball, but have to make a decision right away. After 4 passes completed in a row you can shoot. Whoever gets the rebound is on offense.

This is one of my favorites. Basketball is a decision-making game, particularly admits the chaos. This creates the chaos and adds the element of 1 second decisions with the ball. There will be a ton of mistakes, but more mistakes should equal more learning.

- 4) 3 on 3 - Double ball screen w/ corner -

A specific action-based game. Show them how to run a double ballscreen and then how to space accordingly. Specify how the defense has to play if you want to go even more specific.

Among other things, this is a 'language' drill. A simple double ballscreen action that kids should have a feel for. It's something they should just know how to speak! But they don't, so they need to be put in the situation over and over again to get comfortable.

Once you show them the action, you free them up to play. You can then free the defense up to do whatever they wish, so they become better at reading the play.

- 5) 5 on 5 Trap and play - trap first pace across and then attack

A great defensive rotation game with an emphasis on offense of playing with an advantage. We are creating the advantage for the offense. Their goal is to maintain the advantage until they get a shot they want. The goal on defense is to catch-up to the offense, so that you are back in charge.

The lower the level, the more the offensive advantage. You cannot do things like this enough. I believe playing this way for 20 minutes is better for your defense than 30 minutes of shell.

Break

2:40-4:50

- Team Free Throws - + and -

- Team Practices

- Team Practice - names/organization/offense/defense, etc.

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- Double Ballscreen offense - no switching

Make sure kids are able to connect with each other personally. Coach knows each name and they can design their own strategies, cheers, etc. All a part of the fun.

- 2:50-3:10
- Olympics
 - Races
 - Shooting Games
 - Free Throw - beat the pro game - take your time
 - Baseball
 - Bonus Games
 - 2 on 2 games - Gladiator Style

I love the Olympics. It's such a simple set up and doesn't take long, but it enables kids to gain an identity with their respective team for the week. It also adds an element of points to the games ahead, which leads to greater competition.

Break

- 3:10-3:30
- Halfcourt Games
 - Game to 3 vs. man
 - Double ball screen offense
 - Possibly advantage shuttle

These are still team-based games, but completely free. Kids can play as they wish. No need to run certain things. There is only a certain amount of time you can spend being directed. You need to play, just play! That's where the fun is and where the breakdown work all starts to come together.

- 3:30-3:55
- Full court Games
 - Games to 3 or 3 min. Games
 - 5 on 5
 - Every win is worth 20 points.
 - So cheer on your other team if not playing!

Again, full court free play. No over-coaching. Just play and come together. Communicate. Do all the things most kids aren't very good at. Encourage the risk-taking and mistakes. Enjoy playing the game! Encourage the kids themselves to try different strategies. Encourage the coaches to switch up their teams (courts) when able. Good for kids to play different 'roles' for their team throughout the week.

- 3:55-4:00
- Bonus Point Crazyness
 - Campers of the Day

End the day on a high note. Positive note, something fun. The ability to leave with joy is often more important than anything they learned all day!