



SAMPLE BASKETBALL LESSON PLAN

TIME	MONDAY ☆ SPORTSMANSHIP ☆	TUESDAY ☆ RESPECT ☆	WEDNESDAY ☆ BULLYING ☆	THURSDAY ☆ CONFIDENCE ☆	FRIDAY ☆ LEADERSHIP ☆
9:00-9:30AM	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together
9:30-9:40AM	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND sport specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND sport specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND sport specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND sport specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND sport specific rules, also discuss the days plan
9:40-10:00AM	Dynamic Warmup Warm – up and Stretching, Team Relays (Speed Test – 6 groups working together on drill.)	Dynamic Warmup Warm – up and Stretching, Team Relays (Speed Test – 6 groups working together on drill.)	Dynamic Warmup Warm – up and Stretching, Team Relays (Speed Test – 6 groups working together on drill.)	Dynamic Warmup Warm – up and Stretching, Team Relays (Speed Test – 6 groups working together on drill.)	Dynamic Warmup Warm – up and Stretching, Team Relays (Speed Test – 6 groups working together on drill.)
10:00-10:05AM ——— WATER BREAK ———					
10:05-10:30AM	Fundamentals Stations -Athletic Performance Station (No Balls): Squat Series (3 sets each, normal and one legged) Lunge Series (3 sets each, forward, backward, and cross- body) -Foot Work- Triple Threat- Jab Series & Pivoting (With Ball): Staying in squat position, stress staying LOW (Forward Jab, Cross Body Jab, Ball Fake Jab, Sweep Jab, and Shot Fake Jab; Forward & Backward Pivoting). -Dribbling: Stationary Ball Handling Finger Tips, Around the Back/ Legs, Figure 8, Dribbling with Left & Right Hand (Make sure kids learn to POUND the ball hard), Crossovers, etc. Life Skills 101: SPORTSMANSHIP	Fundamentals Stations -Athletic Performance Station (No Balls): Squat Series/ Lunge Series -4 Corner Key Box Drill & Cone-to-Cone Slide Drill (30 Seconds) -Footwork: Layups Breaking down layups (both hands): First: no dribble, two steps up Second: One dribble, two steps up Third: Three dribbles, two steps up -Dribbling: Dribbling in two groups Younger players and older players in separate halves Using both hands- Stop & Go, Crossover, Change of Direction, etc. Life Skills 101: RESPECT	Fundamentals Stations -Athletic Performance Station (No Balls): Strength Testing (Wall Sits, Push Ups, Sit Ups) -Foot Work: Jab Series from the Wing (Sweep, Shot Fake, Jab Sweep, etc.) Jabbing from the wing to a layup/ shot, going baseline then middle. -Dribbling: Dribbling in two groups Younger players and older players in separate halves Dribbling around cones, then into making a layup or a jump shot. Life Skills 101: BULLYING Review bullying in sports and life	Fundamentals Stations -Athletic Performance Station (No Balls): Core Strength (Abdominal Workout) -Foot Work: Plyometrics Players standing on one and two legs hopping, side to side and front to back -Dribbling: Dribbling in two groups Younger players and older players in separate halves Dribbling moves off the dribble into a layup or shot Life Skills 101: CONFIDENCE How can you be confident in yourself?	BOOTCAMP Eight different Work-Out Stations (Ladders, Hurdles, Dribbling, Shooting, Skipping, Planks, etc.) Life Skills 101: LEADERSHIP What is a leader? How can I become a leader?
10:30-11:00AM ——— SNACK #1 ———					
11:00-11:50AM	Competition Series Shooting: King's Court Ball Tag 3 on 3, 4 on 4, 5 on 5 Scrimmages	Competition Series Hot Shots, Free Throw, Layups, Shooting 3 on 3, 4 on 4, 5 on 5 Scrimmages	Competition Series Ball Tag 3 on 3, 4 on 4, 5 on 5 Scrimmages	Competition Series King's Court 3 on 3, 4 on 4, 5 on 5 Scrimmages	Tournament/ Games
11:50AM-12:00PM	Stretch/ Departure/ Arrival to Lunch	Stretch/ Departure/ Arrival to Lunch	Stretch/ Departure/ Arrival to Lunch	Stretch/ Departure/ Arrival to Lunch	Stretch/ Departure/ Arrival to Lunch
12:00-1:00PM ——— LUNCH ———					

12:00-1:00PM						LUNCH					
1:00-1:30PM	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together						
1:30-1:40PM	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations						
1:40-2:00PM	Dynamic Warmup & Stretching	Dynamic Warmup & Stretching	Dynamic Warmup & Stretching	Dynamic Warmup & Stretching	Dynamic Warmup & Stretching						
2:00-2:05PM						WATER BREAK					
2:05-2:30PM	Fundamentals Stations -Shooting: Shooting Form Proper holding of the basketball (one hand shooting), shooting close to the basket -Passing: Partner Passing Using both hands, follow through with thumbs pointing down (Chest Pass, Bounce Pass, Overhead, Fake then step right, then left pass) -Defence: Proper Stance Defensive Slides Left, Right, Jump Ball, Hot Feet Teaching Drill: Getting Open V-Cuts, L-Cut, Seal & Pop from Wing	Fundamentals Stations -Shooting: Shooting off the Dribble One Dribble to a Jump Shot, Two Dribble/ Three Dribble to a Jump Shot -Passing: Partner Passing Have a group of 3 in one line. First person dribbles to the cone, jump-stop, turn and pivot, and pass the ball back to their line. The player then jogs to the back of the line. -Defence: Zig-Zag Drills Have younger and older athletes in separates halves of the court. Zig-Zags going there and back. Teaching Drill: Back Door Cuts Cutting from Wing and Middle for a shot	Fundamentals Stations -Shooting: Spot Shooting Shooting from various spots on the court -Passing: Partner Passing Have a group of 3 in one line. First person dribbles to the cone, jump-stop, turn and pivot, and pass the ball back to their line. The player then jogs to the back of the line. -Defence: Zig-Zag Drills Have younger and older athletes in separates halves of the court. Zig-Zags going there and back. Teaching Drill: Coming Off Screens How to use screens for the shot How to curl and fade	Fundamentals Stations -Shooting: Competitions Shooting from various spots on the court, competitions in groups -Passing: Full Court Working on passing up and down the court -Defence: Post Moves Offensive moves to Shot and Defensive Boxing- Out Drills Teaching Drill: Moving Without the Ball Ball Cut & Pass, Screen and Away	Teaching Drill: Step Back Series How to create space to get your shot off KINGS COURT Entire camp playing a giant game of King's Court						
2:30-3:00PM						SNACK #2					
3:00-3:45PM	Scrimmaging Break up into teams for games	Scrimmaging Break up into teams for games	Scrimmaging Break up into teams for games	Scrimmaging Break up into teams for games	Scrimmaging Break up into teams for games						
3:45-3:50PM	Stretching and Day Recap	Stretching and Day Recap	Stretching and Day Recap	Stretching and Day Recap	Stretching and Day Recap						
3:40-4:00PM	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up						

Note:

Before - Care begins prior to camp, starting at 8:00AM every morning. Parents MUST pre-register.

After - Care begins at 4:15PM, after all other campers have been picked up by their parents.

***Ensure that during parent pick-up you discuss the campers progress with the parent, and inform them on their strengths and what they are enjoying most about camp!**