

Coach Wootten's Basketball Camp

Grades 7/8

Practice #5

5 minutes- Ballhandling-Everything is a race with teammates and self, everyone has a ball

- pound the ball
- pinch the ball
- waist circles (both directions)
- double leg circles
- single leg circles
- full body circles
- step outs
- socks
- pockets
- Confidence pass
- side catch
- football hike
- dribbling figure eight
- walk the dog
- dribble on left knee (behind the back)
- dribble on right knee (behind the back)
- "M" dribble
- walk/between legs
- Crab Run

5 minutes- Dribbling- Below the knee

Hammer a Nail-right (50)

Hammer a Nail-left (50)

Cross Over

Killer Cross Over

Push Pulls Right

Push Pulls Left

Windshield Wipers-Right

Windshield Wipers-Left

Explosion Walks

Two Balls Even

Two Balls-Odd

Two Balls Curry Push Pulls

5 minutes Moves on the Move: (each move twice: one left and one right.)

Slasher Dribble

Stop and Go- Emphasis stop, eyes at rim, acceleration

Cross over

Spin Move

In and out

Back Dribble-keep in hand

Back Dribble-Cross over

5 minutes Finishing School- use 3 baskets-both right and left side- Pass and cut to the finish

blow by move/ Lay Up

Floater- 1 foot-back board

Euro- Back board

Pull Up- back board

Pro Hop

Inside Hand Finish

8 minutes Shooting-

L-Don't break the L

A-Great shooters are not born they are made-attitude

B-Base- wide feet

E-Elbow- Elbow underneath

E-Eyes-Find your target (over front rim)

F-Follow Thru-Pull off hand away, snap your wrist

6 players shoot Warm Up shots- 20 from 8 feet/ Other 6 shoot off wall-switch after 4 minutes

5 Defense

Advance/ retreat/ swing

zig/ zag drill

Shell

5 Minutes- Transition Defense

5 across-

Emphasis: Sprint to paint, get the hole, stop the ball.

5 Minutes- Press Break

5 Minutes- Spacing on fast break

12 minutes- Play 5 v 5