**Day 1 of Sterling Heights High School Middle School Camp (Subject to change)**

**Introduction** (5-10 minutes)

**Conditioning exercises** (10-12 minutes)

Full court shuffle, run, back pedal, and sprint condition drill. Running and touching of all 4 line down and back at full speed. Wall sits for one minute intervals.

**Stretching exercises** (5-7 minutes)  
Stretching is done at the start of practice in order to avoid injuries and to loosen up. Players will do 5-7 minutes of stretching at the beginning of practice. While the team is stretching, I will discuss our plans for the day, and/or explain what things need to be worked on during the practice.

# Drills

Drills help teach individual and team fundamental skills, as well as teaching what you are trying to accomplish, or trying to correct.

**Warm Up Drills** (5 Minutes)

Mikan Drills

#### Passing Drills (10 minutes)

Air Pass - The pass travels between players without hitting the floor.

Bounce Passes - The pass is thrown to the floor so that it bounces to the intended receiver

Each type of pass comes with its own variations.  
  
    - Chest Pass  
    - Bounce Pass  
    - Overhead Pass  
    - Wrap Around Pass

**Ball-Handling and Dribbling Drills** (10 minutes) Examples below

1. Right Hand

2. Left Hand

3. Control dribble with change to speed dribble

4. Crossover dribble   
5. Through the legs   
6. Behind the back   
7. Spin move

#### Shooting Drills (10 minutes)

Fake and One-Dribble Shooting Drill:

Toss the ball out to yourself, catch it and pull it into your body and get into the triple threat position. Make a good, solid pump fake and then take one strong dribble to your right. Make sure your dribble moves you past an imaginary defender and towards the basket (the dribble should take you at a 45-degree angle towards the basket). Come to a solid, on-balance stop, then go up for your jump shot. Do this drill 5 times pump faking and dribbling to your right, and 5 times dribbling to your left. Do this drill from 1 to 2 different spots on the floor (for example: on the baseline, on the right and left wings, and on the right and left elbow).

#### Free-Throw Shooting (10 minutes)

Purpose of the drill is to develop a consistent free throw rhythm; concentration and focus at the free throw line; ability to shoot a high percentage while tired.

Shoot your first 2 free throws, then sprint down to the other end of the court (to the opposite free throw line or baseline) and back again once if you missed one and two if you missed both free throws. You do not run if you make both of your free throws.  
Shoot 2 more, and run down again if you missed either of you free throws.

#### Rebounding Drills (5 minutes)

The defensive player will try to keep the offensive player from getting the ball for 3 seconds after the shoot has been released from the coach’s hand.

When blocking out, make sure defensive player takes his left foot and steps across his body to put it on the outside of offensive players’ foot. Then the defensive player does a drop-step with his right foot to maintain to create full contact while blocking out. The defensive player stays low and wide. The defensive player should stick both his elbows straight out (BUT DO NOT SWING ELBOWS). The arms stood stay in a stationary position. The defensive player needs to slide his feet to maintain contact with the offensive player.

#### Defensive Drills (15 minutes)

1. Zig Zag Drill
2. Alley Drill

#### Post/Perimeter Drills (5 minutes)

Post Player Drill:

Start in front of the basket, 2 to 3 feet in front of the rim. Jump off of your left leg and shoot a right-handed hook shot off the backboard and into the basket. Rebound the ball, and immediately go into the shooting motion of shooting a left-handed hook shot (jumping off of your right leg). Keep both hands on the ball until you are in the final stages of releasing the shot. Fully extend your shooting arm, and release the ball high in the air, using your non-shooting arm to create space between you and the defender. Shoot 10 shots with each arm, then move back 2 or 3 feet and repeat the drill, shooting another 15 shots with each arm.

Perimeter Player Drill:

After you are warmed up and have done some close-in form shooting drills, work your way back to the furthest distance from the basket you are comfortable shooting from (in other words, the extent of your current shooting range). Shoot 10 jump shots from this range, then move back 1 to 2 feet further than you would normally shoot from. Make sure you use the same form on the shot you normally use, getting extra strength and power from your lower body. Really focus on shooting with perfect form. Shoot 10 jump shots from this distance. Then, move back another 1 to 2 feet and repeat the drill. Continue to move back 1 to 2 feet from the basket for each series of 10 shots.

#### Controlled Scrimmage (20 minutes) \*Time Permitting