

A Sports Camp Program L O W L E V E L 3**A**

Welcome to this Years Classic “Swish” Summer Basketball Camp

Are you finished school for the year!? Getting bored!? With nothing to do all summer!? Then come on down to this years 'Swish' basketball camp. If your between the ages of 15-17 and are looking to excel your basketball skills while maintaining a high level of fitness then you've come to the right place!!

This is the 12th consecutive year of the camp. We have been accepting new ideas each year and we believe this year's camp will be the most beneficial not only for your basketball skills but also for your personal health. Members of the camp will be participating in numerous drills which will help expand there dribbling, shooting, and speed skills. Drinks for breaks, a pizza party at the end of the camp, as well as a raffle draw for an autographed Vince Carter jersey will be held courtesy of our staff.

By giving full participation in every drill, it is our guarantee that every member will have fun and learn a lot about the game, which they didn't already know. Future benefits of this camp include: confidence, self-motivation, and if you continue to do our drills on your own time, you will forever be healthy and have a great amount of muscular/physical endurance.

If this sounds like an experience you would like to take advantage of, then please check out our 3-day planners and sign up sheet on the following pages.

B

Basketball Camp Lesson #1

Equipment Required: 10 basketballs, a gym with 2 basketball nets, proper shorts, t-shirts, and shoes for every player, a board to draw and describe drills to the players on, pineys, and water for breaks.

<u>Length</u>	<u>Activity/Drill</u>
5 minutes	Full court lay-up drill (left and right handed).
10-15 minutes	Various dribbling drills to warm up your hands (explained on previous page). Good stretch.
10 minutes	Zig-Zag defence drill (full court).
10-15 minutes	3 on 2, 2 on 1 full court drill (using 3-man weave).
5 minutes	Water break (drinks provided)
10 minutes	Machine gun/defensive movement.
10 minutes	Pull up and shoot from the elbow.
5-10 minutes	5 on 5 scrimmage
10 minutes	Cool off with a big game of half court bump.

Rules and Guidelines:

- All players will be treated with respect.
- When the whistle is blown the play stops.
- Boundaries, travelling, double dribble, fouls, and other standard basketball rules apply.
- Listen to the coach's/instructors, were here to help you.
- Don't be afraid to ask questions.

Safety

- Proper footwear should be worn at all times.
- Always keep an eye on the ball.
- Don't force the play once the whistle has gone.

C

Basketball Camp
Lesson #2

Equipment Required: 10 basketballs, a gym with 2 basketball nets, proper shorts, t-shirts, and shoes for every player, a board to draw and describe drills to the players on, pineys, and water for breaks.

<u>Length</u>	<u>Activity/Drill</u>
5 minutes	Full court lay-up drill (left and right handed)
10-15 minutes	Various dribbling drills to warm up your hands, Good stretch.
10 minutes	Zig-Zag defence and shoot drill.
5 minutes	Foul Shooting (shoot 3 shots and run a lap, keeping track of your score).
6 minutes	Shooting from the elbow (keep track of score)
5 minutes	Step and drive in the lane (lay-up)
5 minutes	Step and pull up in the lane (jump shot)
5 minutes	Water break. (drinks provided)
5 minutes	Touch Drill (within 5 feet from the basket)
10 minutes	Various post moves.
10-15 minutes	Start a mini tournament (4 teams, 5 on 5) each game goes up to 10 points.
5 minutes	Game of 4 on 4 shotgun (1 game at each basket)

Highlights from the Previous Day

- All of the players seem to have good knowledge of the game. They picked up the drills with ease. The left handed lay up could use a little work. We will look to push the drills a little harder today and hope that the players will adapt and bring their game to the next level.

D

Basketball Camp
Lesson #3

Equipment Required: 10 basketballs, a gym with 2 basketball nets, proper Shorts, t-shirts, and shoes for every player, a board to draw and describe drills to the players on, pineys, and water for breaks.

<u>Length</u>	<u>Activity/Drill</u>
5 minutes	Full court lay-up drill (left and right handed).
10-15 minutes	Various dribbling drills to warm up your hands (explained on previous page). Good stretch.
5-10 minutes	3 on 2, 2 on 1 drill (3-man weave)
35-45 minutes	Continue/finish the mini-tournament
20-25 minutes	NBA 2-ball (in partners), and finish off with a 3 point competition.

Highlights from the Previous Day

- Most of the players were able to bring the intensity up. One player however twisted their ankle in the zig-zig defence drill. This was a result of trying to do too much. Today were going to try and end this camp on a positive note and try to have little fun with a tournament and see how the players react to fast paced competition.

LOW LEVEL 3

E

Drill Description

Full Court Lay-up- 10 players start under each basket, the first 2 in each line have balls. The first player dribbles the ball up the sideline and cuts back in to finish with a lay-up. (Right hand first, then switch sides and go with the left).

Dribbling Warm-up- Everyone has their own ball, the dribbling techniques include: dribbling around your left leg, right leg, figure 8, bounce once then through your legs, through your legs everytime, and dribbling while in a seated position.

Zig-Zag Defence- Players start in one corner, one player goes offence (with a ball) and one goes defence. The defensive players job is to angle the offensive player on a 45 degree angle to the halfway point of the gym, then step in front of them and force them to cross over the ball and bring it back toward the other boundary.

3 on 2, 2 on 1- 3 players start at one end, 2 start at the other. The 3 players pass the ball up court and try to score against the other 2. The 2 players who were just playing defence rebound the ball. (1 new player has come on to the court at the opposite end). It has now become a 2 on 1. After a shot has been taken the 2 players who were on offence join the defensive player and come back on 2 new players 3 on 2. (Drill continues in the same way).

Machine Gun- As fast as you can run on the spot (on your toes, working your calves) when the whistle is blown, turn to the directed side and move backwards in a defensive position on a 45 degree angle. Take 3 side steps, then turn and go the other way for 3 steps, then turn back to the original way for 3 more steps, then as quick as you can run back to where you started.

Touch Drill- Soft shots from 5 or less feet from the basket. (trying not to hit the rim).

Pull up and shoot- Dribble in from half court to the elbow, then jump stop and shoot the ball.

Shooting from the elbow- One player shoots while the other 2 rebound and get the shooter the ball back as fast as possible, most points in 6 minutes wins. (Players switch after every minute).

Step and Drive lay-up/shot- Starting from the 3 point line, fake one way

F

and drive the other taking one or two dribbles and finishing with a lay up or a jump shot from the elbow.

Various post moves- These moves include: drop step, turn and face, baseline jump shot, and turn fake and drive.

NBA 2-Ball- 2 players per team. Alternating shooters, take a shot from one of the numbered areas on the floor, rebound the ball and pass it to your partner to shoot, the number on the floor is the amount of points you receive if you make the shot.

Teacher's Notes

Knowledge/Understanding

- The student demonstrates considerable knowledge of the rules and guidelines applicable to the sport of basketball. He or she outlines rules for the camp in the lesson plans (e.g., “When the whistle is blown the play stops.”, “Boundaries ... and other standard basketball rules apply.”), and provides guidelines for lesson implementation (e.g., includes an appendix containing thorough descriptions of guidelines for each drill). However, the student does not include explanations of the main rules of basketball (e.g., explanation of travelling, violations, fouls).

Thinking/Inquiry

- The student promotes the benefits of lifelong participation in physical activity with considerable effectiveness. He or she links personal health to playing basketball in the welcome letter (e.g., mentions fun, confidence, self-motivation, muscular/physical endurance). The letter has a positive tone. However, the student tends to exaggerate the potential benefits (e.g., “you will be forever healthy”).

Communication

- The student communicates instructions to the campers with considerable clarity. Each lesson is well-organized and provides a wide variety of age-appropriate activities and drills (e.g., “Zig-Zag Defence” drill, “Machine Gun” drill, “Touch Drill”). Each day’s lesson gives clear timelines for all drills and activities. However, the student does not present the drills in a logical progression (e.g., on the first day, lay-up drills are followed by defence drills, which then lead directly to a five-on-five scrimmage).

Application

- The student demonstrates leadership skills in the three-day program with considerable effectiveness. He or she incorporates visual aids (e.g., diagrams of drills on a board) to assist in drill implementation. The student also encourages participation by setting high expectations and by promoting competition appropriate to the age and skill level of the campers (e.g., “We will look to push the drills a little harder today and hope that the

players will adapt and bring their game to the next level.”, “end this camp on a positive note and try to have a little fun with a tournament and see how the players react to fast paced competition.”). However, detail pertaining to the organization of groups is often unclear or lacking.

- The student promotes a safe environment for participants with some effectiveness. On the first day, the student addresses important safety concerns (e.g., wearing proper footwear, keeping an eye on the ball, stopping at the whistle); however, he or she omits more specific safety considerations on days 2 and 3 when they are most relevant. The student includes no specific activities for warm-up or cool-down.

Comments

This work is representative of a low level-3 performance. The student demonstrates a considerable degree of achievement of the expectations in the Knowledge/Understanding, Thinking/Inquiry, and Communication categories of knowledge and skills. He or she also demonstrates a considerable degree of achievement with respect to one of the criteria in the Application category. However, for the other criterion in the Application category, the student demonstrates only some degree of achievement – i.e., achievement that is more characteristic of level 2.

Next Steps

In order to improve his or her performance, the student needs to:

- specifically explain and model the standard rules of basketball;
- be realistic in linking participation to its lifelong benefits;
- provide daily lesson objectives that would help to keep drill progressions and lesson sequences logical;
- include specific detail as to how groups and teams will be organized in drill and game situations;
- include safety considerations that reflect the increased intensity and pace of activity;
- include movement and stretching specifically designed as warm-up or cool-down activities;
- proofread work to correct errors in grammar and spelling.