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ISBN 978-1-68067-219-0
33-0671

Printed in United States of America

AT MEGA SPORTS CAMP

HEAD COACH'S RESPONSIBILITIES

Your primary responsibility focuses on leading Sports Sessions 1, 2, and 3.

- Arrive early and prepare before the session begins.
- Set a goal to engage the kids in a drill or activity within 4 minutes of arriving at each Sports Session.
- Follow the playbook and try to complete two or three activities in every Sports Session.
- Synchronize your watch with the Head Coaches of the other sports. Stick to the schedule. It's helpful to assign this responsibility to a Huddle Coach to make sure your group gets to rallies on time.

WHAT IS A HUDDLE COACH?

You have other adults or teens available to help you. Their primary responsibility is to build relationships and help kids have a great time.

During the Sports Sessions, the Huddle Coaches help you demonstrate skills and guide the kids as they practice. Let your Huddle Coaches know what to do.

During Coach Huddles, the Huddle Coaches meet with their assigned group of kids (a Huddle Group) and share stories from the *Coach Huddle Guide*. You are free during this time to prepare for the next session unless the Camp Director has asked you to lead a Huddle Group.

WHAT IS A HUDDLE GROUP?

At most MEGA Sports Camps, kids are assigned to a Huddle Group that is led by a Huddle Coach. These groups are NOT teams. You may regroup kids as needed for the Sports Sessions.

WHAT ABOUT MY PLAYERS?

Kids register for and attend all the Sports Sessions in one sport of their choice. If you have a large group, you may also divide by age and ability.

Help the kids have fun. The Sports Sessions should make kids smile, laugh, and enjoy playing and learning together. Remember to coach from love and caring. The coaches and players should strive for an attitude of, "We're going to work hard together and we're going to have a blast."



DAY 1



For today's drills you will need pinnies, cones, and basketballs.

PLAYER EVALUATION

This evaluation can be completed on the first day while registration is in progress. Introduce your coaching staff to the kids at this time. Divide your group into two divisions by age groups for evaluation.

LAYUP DRILL

Demonstrate to the players what you want them to do in case some of them have never done a layup drill before. To get an accurate evaluation, be sure to group them by their dominant hands.

Watch and evaluate the shooting and dribbling skills of the players. If there are one or two younger players with very good skills, you can send them to the upper division, but you do not have to move any players from the younger group to the older.

You are trying to accomplish two things: (1) equalize size and ability levels in each division and (2) equalize numbers so you can form teams within the divisions.

Divide the players into teams and assign coaches. These will be their teams for the entire week. Pick team names.

Every time a new skill or drill is introduced, bring all teams together to demonstrate and instruct before sending the teams with their coaches. When the teams go with their coaches, they should begin the drills as soon as they reach the court. (Kids should be active within four minutes of leaving the large group.)

In the diagrams in this playbook, Os represent players on offense or those completing offensive tasks. Xs represent players on defense or those completing defensive tasks. Words in ***bold italic*** can be found in the glossary.

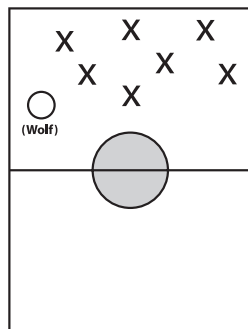
SESSION 1:

Ball Handling and Dribbling

WARM-UP GAME

Sheep and Wolves

Play this drill on half of the court. Explain the game: Player O is the wolf. The others (Xs) are sheep. The wolf must dribble the ball around the court while trying to tag the sheep. If a sheep is tagged or runs out of bounds, he is out. Play until the wolf tags all the sheep, or set a time limit.



INTRODUCTION TO BALL HANDLING

Instruct and demonstrate the following *ballhandling skills* to the entire group (both divisions):

- Control the ball with your fingertips; the ball does not touch the palm of the hand.
- Stay low, bending your knees and keeping your back straight.
- Keep your head up to see the court and other players.
- Protect the ball; keep the ball close to the body, and use the *off arm* as a shield.

WARM-UP GAME

Cone Dribble

Divide the players into two lines on the *baseline*. Have the first player in each line *dribble* out with her right hand around the first cone. Instruct the player to *zigzag* between the cones, switching dribbling hands as she proceeds, acting as though the cones are defenders. When the player reaches the last cone, have her dribble straight back to her line and pass the ball to the next player in line. That player starts when the player ahead reaches the third cone.

