

PRO MOVES COMPETITION

4 Day Agenda

Daily Recognition Awards

6th Man: Jordan Poole

Person who is the best teammate

Best Attitude: Klay Thompson

Player that displays a smile and positive attitude

Hustle: Aaron Gordon

Player that is always playing hard

Super Skills: Dame Lillard

Most improved with the skills taught

Camp MVP: Steph Curry (boy) and A'Ja Wilson (girl)

Players that truly exemplify what TTA is all about: Good Attitude, Skill Improvement,
Hustle and great towards others

Check In: Dribbling stations - Assign a coach to lead a dribbling station.

Court 1 - Single Stationary Dribble

Court 2 - Partner Dribble Pass Combos

Court 3 - Dribble & tennis ball combos (if not tennis balls, one ball combo moves)

Court 4 - 2 ball dribbling or ladder footwork drills & defensive pushes

Close out drill – Done Daily

Partner kids up, one ball each group

Player with ball will dribble around a cone jump stop, pivot, make a push pass to partner

They then close out with fire feet and in a finish in defensive stance on the player with ball

Player must catch ball and get into Triple Threat Stance—pivoting and protecting the ball.

When the whistle is blown, the partner with ball will rip through past the defender & repeat the sequence.



Day 1- Pro Moves Competition

9-9:15	Check In: Coaches at hoops running organized drills, games or stations
9:15-9:20	Daily Dose: 5 minutes of pop culture, trivia, sports questions
9:20-9:35	Camp Rules and Coach Intros
9:35-10:10	Agility Drills- TONS of ENERGY: Run (50/75/100), High Knee Skips, Egypts, Ninjas, Loose Ball, Fire Feet
10:10-10:15	Water Break
10:15-10:30	Open Court Offensive Moves
10:30-10:40	THE THROWDOWN
10:40-11:10	Pro Move: Steph Curry- Show and Go in the lane
11:10-11:15	Water Break
11:15-11:45	Pro Move: Kevin Durant- Step Back One Foot Shot
11:45-12:30	Lunch
12:30-1	1 on 1 Live- Must score using a PRO MOVE
1-1:15	THE THROWDOWN II
1:15-1:45	2 on 2 PRO MOVE Knockout- Score using a Pro Move and the opposing team is out. Use multiple baskets and make a tournament out of it to get one winning team
1:45-1:50	Water
1:50-2:30	Games- Scoring with a Pro Move = 5 points
2:30-2:35	Water
2:35-2:50	Kids vs Coaches: Shooting Contest using Durant Move from Different Spots
2:50-3	Summarize Skills Taught and Announce Award Winners



Day 2- Pro Moves Competition

9-9:15	Check In: Coaches at hoops running organized drills, games or stations
9:15-9:20	Daily Dose: 5 minutes of pop culture, trivia, sports questions
9:20-9:35	Agility Drills- TONS of ENERGY: Run (50/75/100), High Knee Skips, Egypts, Ninjas, Loose Ball, Fire Feet
9:35-10	Open Court Offensive Moves
10-10:05	Water
10:05-10:35	Pro Move: James Harden- Off foot layups and Euro Step
10:35-10:50	THE THROWDOWN
10:50-11:15	Pro Move: Ivan Rabb- Reverse Pivot Rip Through Bank Shot from 15 feet
11:15-11:20	Water Break
11:20-11:45	Pro Move: Damian Lillard – Full Speed Hitch Crossover Into a Step/Jump Back mid-range jumper
11:45-12:30	Lunch
12:30-1	1 on 1 Live- Must score using a PRO MOVE
1-1:15	THE THROWDOWN II
1:15-1:45	3 on 3 PRO MOVE knockout. Must score with move
1:45-1:50	Water
1:50-2:30	Games- Scoring with a Pro Move = 5 points
2:30-2:35	Water
2:35-2:50	Kids vs Coaches: Shooting Contest using Ivan Rabb move from different spots
2:50-3	Summarize Skills Taught and Announce Award Winners



Day 3- Pro Moves Competition

9-9:15	Check In: Coaches at hoops running organized drills, games or stations
9:15-9:20	Daily Dose: 5 minutes of pop culture, trivia, sports questions
9:20-9:35	Warm Up- Open Court Offensive Moves
9:35-10	Pro Move: Russell Westbrook- Attack Rim Middle, Baseline Spin Finish
10-10:05	Water Break
10:05-10:30	Pro Move: LeBron James- Euro Step Reverse Layup Finish
10:30-10:40	THE THROWDOWN
10:40-11	2 Ball Dribbling Clinic
11-11:05	Water Break
11:05-11:25	Pro Move: Ben Simmons- Behind the Back “Fake Pass” and Finish- One Pick up
11:45-12:30	Lunch
12:30-1	1 on 1- Must score using a PRO MOVE
1-1:15	THE THROWDOWN II
1:15-1:45	3 on 3 Full Court- Must score using a Pro Move
1:45-1:50	Water
1:50-2:30	Games- Scoring with a Pro Move = 5 points
2:30-2:35	Water
2:35-2:50	Kids vs Coaches: Layup Contest using Ben Simmons Fake Before Finish
2:50-3	Summarize Skills Taught and Announce Award Winners



Day 4- Pro Moves Competition

9-9:15	Check In: Coaches at hoops running organized drills, games or stations
9:15-9:20	Daily Dose: 5 minutes of pop culture, trivia, sports questions
9:20-9:35	Warm Up- Open Court Offensive Moves
9:35-10	Pro Move: Kyrie Irving- Killer Crossover into Floater in the Lane
10-10:05	Water Break
10:05-10:35	3 on 3 Live
10:35-10:50	THE THROWDOWN
10:50-11:10	Dribble Knockout
11:10-11:15	Water Break
11:15-11:45	Pro Move: Klay Thompson- Reverse Pivot Rip Through into Jump Shot
11:45-12:30	Lunch
12:30-12:50	Review ALL the moves taught for the week
12:50-1:30	1 on 1- Pro Moves Tournament- Using Multiple Baskets Play games to 3. Points can only be scored using a Pro Move. Winners Stay on winners court. Losing players goes to consolation hoop OR make brackets If you want like March Madness. Have some fun with it
1:30-1:45	THE THROWDOWN II
1:45-2:05	Hot Shot Shooting Competition
2:05-2:35	Games- Scoring with a Pro Move = 5 points
2:35-2:50	Kids vs Coaches: 3 Point Contest
2:50-3	Summarize Skills Taught and Announce Award Winners

