

Wallkill Valley Basketball Camp Curriculum

LAY-UPS

M - 1 Dribble, 3 Step Form Lay-up

Tu - NBA Step

W - Tuck

Th - Spin

F - Hop-N-Snatch

FORM SHOOTING

M - Without Guide Hand

Tu - With Guide Hand

W - 1-2 Pull Up

Th - Pivot Square Up

F - Spin Pass, Pivot Square Up

POST MOVES

M - Drop Step Baseline

Tu - Drop Step Middle, Baby Hook

W - Double Drop Step

Th - Up & Under

F - Reverse Pivot (into Triple Threat)

DRIBBLE MOVES

Tu - In & Out

W - In & Out Cross

Th - Hesitation

F - Cross Dip

STATIONARY BALL HANDLING

Various Drills Every Morning

TRIPLE THREAT

Tu - Shot Fake 1-2 Pull Up & Open Step Pull Up

W - Rocker Step into Both Pull Ups

Th - Hop Back & Open Step Pull Back (Front, Between Legs, Behind Back)

F - Hop Back Push Cross & Pull Back Crossover