

# OAKLAND DEVOIR BASKETBALL

## SUMMER CAMP CURRICULUM GUIDE (K–12)

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### PROGRAM PHILOSOPHY

At Oakland Devoir, we focus on developing complete players — not just athletes.

Our system is built on:

- Skill development
- Discipline & accountability
- Basketball IQ
- Confidence & leadership

We meet players where they are and build them step-by-step.

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### PROGRAM STRUCTURE

#### Duration

June 1 – July 31 (8 Weeks)

#### Session Options

- Morning: 10:00 AM – 1:00 PM

- Afternoon: 1:00 PM – 3:00 PM

### **Training Breakdown (Daily)**

1. Warm-Up & Movement (10–15 min)
  2. Skill Development (30–45 min)
  3. Game Situations (30 min)
  4. Competitive Play (30–45 min)
  5. Conditioning & Mindset (10–15 min)
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# **WEEKLY DEVELOPMENT PLAN**

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## **WEEK 1: FOUNDATION + EVALUATION**

Focus:

- Player assessments
- Basic ball handling
- Footwork fundamentals
- Defensive stance

Outcome:

Players understand expectations and baseline skills.

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## **WEEK 2: BALL HANDLING CONTROL**

Focus:

- Stationary dribbling
- Weak hand development
- Change of pace

Outcome:

Improved control and confidence with the ball.

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## **WEEK 3: SHOOTING MECHANICS**

Focus:

- Form shooting
- Foot placement
- Balance & follow-through

Outcome:

Consistent shooting foundation.

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## **WEEK 4: FINISHING AT THE RIM**

Focus:

- Layups (both hands)
- Contact finishing
- Footwork in the paint

Outcome:

Confidence attacking the basket.

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## **WEEK 5: DEFENSE + TOUGHNESS**

Focus:

- On-ball defense
- Closeouts
- Help defense

Outcome:

Players understand defensive responsibility.

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## **WEEK 6: BASKETBALL IQ**

Focus:

- Spacing
- Movement without the ball
- Reading defenders

Outcome:

Smarter decision-making during games.

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## **WEEK 7: TEAM PLAY + COMPETITION**

Focus:

- Passing & cutting
- Pick & roll basics
- Game execution

Outcome:

Team chemistry and communication.

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## **WEEK 8: GAME APPLICATION + EVALUATION**

Focus:

- Live games
- Situational play
- Final evaluations

Outcome:

Players apply everything learned in real competition.

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# SKILLS DEVELOPED

- ✓ Ball Handling
  - ✓ Shooting Mechanics
  - ✓ Defensive Skills
  - ✓ Footwork
  - ✓ Game IQ
  - ✓ Conditioning
  - ✓ Confidence & Discipline
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# AGE GROUP DEVELOPMENT TRACKS

## K-5 (FOUNDATION)

- Fundamentals
- Coordination
- Confidence
- Teamwork

## 6-8 (DEVELOPMENT)

- Skill refinement
- Game IQ
- Competitive play

- Discipline

## **High School (ELITE)**

- Performance training
  - Game strategy
  - Leadership
  - Exposure preparation
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# **PLAYER EXPECTATIONS**

- Be on time and prepared
  - Show effort and coachability
  - Respect teammates and coaches
  - Stay disciplined and focused
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# **WHAT PARENTS CAN EXPECT**

- Structured, organized training
- Positive and competitive environment
- Clear development progression

- Communication on player growth
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## **EVALUATIONS & PROGRESSION**

Players are evaluated on:

- Effort
- Skill improvement
- Attitude
- Game understanding

Top players may be invited to:

AAU Teams

Advanced training groups

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## **WHAT MAKES DEVOIR DIFFERENT**

- Structured curriculum (not random drills)
  - Consistent coaching system
  - Focus on long-term development
  - Mentorship beyond basketball
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# CONTACT

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## LIMITED ROSTER POLICY

To ensure quality development, roster spots are limited.

Once full, registration will close.

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# OAKLAND DEVOIR – DAILY DRILL SHEETS (8-WEEK SYSTEM)

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## WEEK 1 – FOUNDATION & EVALUATION

### Day Structure (Use Daily)

#### 1. Warm-Up (10 min)

- High knees, lunges, defensive slides
- Form running + balance work

#### 2. Ball Handling (15 min)

- Pound dribbles (right/left)
- Crossovers (stationary)
- Around the world

### **3. Footwork (15 min)**

- Jump stops
- Pivot series (front/back)
- Triple threat position

### **4. Defense (15 min)**

- Defensive stance holds
- Slide + closeout drill

### **5. Competition (20 min)**

- 1v1 controlled
- King of the court

### **Coaching Script**

“Low, controlled, balanced. Everything starts with your foundation.”

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# **WEEK 2 – BALL HANDLING CONTROL**

## **Focus:**

### **Control + Weak Hand**

#### **Key Drills**

- Two-ball dribbling
- Cone zig-zag dribble
- Change of speed drill

#### **Game Drill**

- Full court dribble attack

#### **Coaching Script**

“If you can’t control the ball, you can’t control the game.”

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# **WEEK 3 – SHOOTING MECHANICS**

#### **Form Shooting Series**

- 25 one-hand shots (close range)
- 25 set shots
- 25 mid-range

#### **Footwork Shooting**

- Catch & shoot
- 1-dribble pull-up

## **Competition**

- Around the world
- Spot shooting contest

## **Coaching Script**

“Balance. Elbow in. Follow through. Every shot the same.”

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# **WEEK 4 – FINISHING**

## **Drills**

- Right/left hand layups (50 total)
- Mikan drill
- Euro step / power finish

## **Contact Drill**

- Pad finishing (coach contact)

## **Game**

- 1v1 to the basket

### **Coaching Script**

“Finish strong. No fear at the rim.”

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## **WEEK 5 – DEFENSE & TOUGHNESS**

### **Drills**

- Slide + sprint recovery
- Closeout + contest
- Mirror drill

### **Team Defense**

- Help + recover
- Shell drill

### **Competition**

- Defensive stops challenge

### **Coaching Script**

“Defense is effort. Effort is a choice.”

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# WEEK 6 – BASKETBALL IQ

## Drills

- Pass & cut
- Give-and-go
- Spacing drills

## Decision Making

- 2v1 fast break
- 3v2 continuous

## Film Talk (Optional)

- Explain spacing + movement

## Coaching Script

“Think the game. Don’t just play it.”

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# WEEK 7 – TEAM PLAY

## Offensive Concepts

- 5-out spacing

- Cutting lanes
- Basic pick & roll

## **Drills**

- Pass, screen, cut
- Motion offense reps

## **Competition**

- 3v3 / 4v4 half court

## **Coaching Script**

“Move without the ball. That’s how you become dangerous.”

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# **WEEK 8 – GAME APPLICATION**

## **Live Play**

- 5v5 full court
- Situational basketball

## **Situations**

- Last shot

- Down by 2 / up by 2
- Press break

## **Final Evaluations**

- Skill
- Effort
- IQ

## **Coach Carter**

“Play with confidence. Trust your work.”

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# **DAILY PRACTICE TEMPLATE**

You can reuse this every day:

1. Warm-Up (10 min)
  2. Skill Work (30 min)
  3. Game Situations (20 min)
  4. Competition (20 min)
  5. Conditioning (10 min)
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## **Daily Focus Themes**

- Monday: Skill Development
  - Tuesday: Shooting
  - Wednesday: Defense
  - Thursday: Game IQ
  - Friday: Competition
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## **COACHING STANDARD**

Every coach must:

- Correct players in real-time
  - Demand effort + energy
  - Keep drills fast-paced
  - Reinforce discipline
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