



# TUESDAY: SHOOTING & DEFENSE FOCUS

## Morning Camp

### 9:05-9:45: Round #1 of Stations - 40 minutes

- **3rd/4th Grade - Shooting & Film Room**
  - Breakdown Film w/ Coach - 10 minutes
  - Form Shoot - 10 minutes
    - 3 Phases
    - Shooter Ready
  - Catch & Shoot (Shooter Ready) - 10 minutes
  - X Shooting Drill - 10 minutes
- **5th/6th Grade - Defense**
  - On Defense Breakdown
    - Celtics Drill
  - Team Defense
    - Shell Drill
    - Help Line
    - Up & Through
- **7th/8th Grade - Speed & Agility**

Water Break/Free Throws

### 9:50-10:30: Round #2 of Stations - 40 minutes

- **3rd/4th Grade - Speed & Agility**
- **5th/6th Grade - Shooting & Film Room**
  - Breakdown Film w/ Coach - 10 minutes
  - Form Shoot - 10 minutes
    - 3 Phases
    - Shooter Ready
  - Catch & Shoot (Shooter Ready) - 10 minutes
  - X Shooting Drill - 10 minutes
- **7th/8th Grade - Defense**
  - On Defense Breakdown
    - Celtics Drill
  - Team Defense
    - Shell Drill
    - Help Line
    - Up & Through

Water Break/Free Throws

### 10:35-11:05: Round #3 of Stations - 40 minutes

- **3rd/4th Grade - Defense**
  - On Defense Breakdown
    - Celtics Drill
  - Team Defense
    - Shell Drill
    - Help Line
    - Up & Through
- **5th/6th Grade - Speed & Agility**
- **7th/8th Grade - Shooting & Film Room**
  - Breakdown Film w/ Coach - 10 minutes
  - Form Shoot - 10 minutes
    - 3 Phases
    - Shooter Ready
  - Catch & Shoot (Shooter Ready) - 10 minutes
  - X Shooting Drill - 10 minutes

Water Break/Free Throws



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## 11:10-11:30: Shooting on the Move (Straight Cut Options)

- **3rd/4th Grade**
  - 3 Step Drill (Inside Pivot Footwork) - 5 minutes
  - Straight Cut - 5 minutes
  - Rip Back 2DPU - 10 minutes
- **5th/6th Grade**
  - Straight Cut - 6 minutes
  - Rip Back 2DPU - 6 minutes
  - Shot Fake Jab 2DPU - 6 minutes
- **7th/8th Grade**
  - Straight Cut - 5 minutes
  - Rip Back 2DPU - 5 minutes
  - Split Catch to Step Back - 5 minutes
  - Shot Fake Jab to Step Back - 5 minutes

## 11:30-11:50: Hot Shots Competition

- Time Limit = 1 minute
- 4 Spots (Block = 1pt, Short Corner = 2pts, Elbow = 3pts, 3pt = 4pts)
- Score 1x @ Each Spot = 20 Bonus Points
- Cannot Shoot @ Same Spot Consecutively
- Cannot Score more than 2x @ Block
- Keep Tally the Whole Week to Crown a Champion

## 11:50am: Shut camp down with closing remarks

- Transition to Lunch

## Afternoon Camp

### 1:30-1:50: 54321 Shooting Competition (1 Team Champions)

- Corner = 5 Makes; 45 = 4 Makes; Top = 3 Makes, 45 = 2 Makes, Corner = 1 Make
- First Team to 3 Wins, Wins
- 2 Basketballs Per Group
- 7th/8th Graders Must Shoot 3pt Shot

### Water Break/Free Throws

### 1:50-2:20: Compete 3 on 3 (Start by 2pm)

- COMPETE!!!

### Water Break/Free Throws

### 2:25-4:25: Compete 5 on 5 (Start by 2:30pm)

- COMPETE!!!

### 4:25pm: Shut camp down with closing remarks

- Review Day 1
- Talk about Day 3: 3 on 3 Focus

### OPTIONAL FOR CAMPERS TO STAY AND WATCH:

After camp on Tuesday, the M14 Staff will put college players through a workout from 4:45p-5:45p. Great for campers to stay & watch & dream!!!