



# MONDAY: SCORING FOCUS

## Morning Camp

### 9:00-9:15: Camp Introduction

- Camp Director will open camp with speech
- Camp Director will introduce staff
- Camp Director place players in groups next to their Instructor

### FUNDAMENTALS

### 9:15-9:30: Ball Handling Fundamentals - 7 minutes each

- **Stationary Ball Handling Lvl 1**
  - Pound Dribble
  - Pistol Pete Series
  - Back/Forth
  - Push/Pull
  - Crossovers 10x
  - Between 10x
  - Behind 10x
- **Full Court Ball Handling**
  - Speed Dribble
  - Inside Out
  - Hesitation
  - Change Between

### Water Break/Free Throws

### 9:30-10:10: Allen Iverson Segment

- Teach Go-To Attack Moves - 15 minutes to Teach & Drill
  - Attacks to Finish
    - 3rd/4th Grade: Hesitation to Jump Stop Layup
    - 5th/6th Grade: Drop N Go to Jump Stop Layup
    - 7th/8th Grade: AI Cross to Leaner Layup
  - **Water Break/Free Throws (1 min)**
- Teach Counter Attack Moves - 15 minutes to Teach & Drill
  - Attacks to Finish
    - 3rd/4th Grade: Attack Crossover to Jump Stop Layup
    - 5th/6th Grade: Drop AI Cross to Jump Stop Layup
    - 7th/8th Grade: AI Cross to Pull back (AI Between Cross Setup)
  - **Water Break/Free Throws (1 min)**
  - 1 v 1 Off the Dribble @ High 45s - 8 minutes

### Water Break/Free Throws

### 10:10-10:50: Kobe Bryant Segment

- Teach Go-To Triple Threat Moves - 15 minutes to Teach & Drill
  - Triple Threat to Finish
    - 3rd/4th Grade: Rip (Over/Under) to 2DPU
    - 5th/6th Grade: Jab/Close/Open to 2DPU
    - 7th/8th Grade: Jab Shot Fake Rip (Over/Under) to 1DPU
  - **Water Break/Free Throws (1 min)**
- Teach Counter Triple Threat Moves - 15 minutes to Teach & Drill
  - Triple Threat to Finish
    - 3rd/4th Grade: Jab Cross Step to 2DPU
    - 5th/6th Grade: Jab/Close/Kobe (Reverse Pivot) to 2DPU
    - 7th/8th Grade: Jab Shot Fake Punch Step to 1DPU
  - **Water Break/Free Throws (1 min)**
  - 1 v 1 Off the Dribble @ High 45s - 8 minutes

### Water Break/Free Throws



# MONDAY: SCORING FOCUS

## 10:50-11:30: Kevin Durant Segment

- Teach Go-To Attack Moves - 15 minutes to Teach & Drill
  - Attacks to Finish
    - 3rd/4th Grade: Hesitation to Layup
    - 5th/6th Grade: Hang Cross to 1DPU
    - 7th/8th Grade: Hang Cross to Pull Up (No Dribble)
  - **Water Break/Free Throws (1 min)**
- Teach Counter Attack Moves - 15 minutes to Teach & Drill
  - Attacks to Finish
    - 3rd/4th Grade: Hesi Crossover to Layup
    - 5th/6th Grade: Hang Cross to Hang Pull Up
    - 7th/8th Grade: Hang Double Cross (Doubles Heems) to Pull Up
  - **Water Break/Free Throws (1 min)**
- 1 v 1 Off the Dribble @ High 45s - 8 minutes

### Water Break/Free Throws

## 11:30-11:45: 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

## 11:45am: Shut camp down with closing remarks

- Set Up for Lunch on Court 1

# Afternoon Camp

## 1:30-1:50: 3pt Shooting Competition (3 Winners: 3rd/4th, 5th/6th, & 7th/8th)

- Time Limit = 1 minute on the clock
- 5 Basketballs Per basket
- 4 Players Needed: 1 Shooter, 1 Coach, 1 Spot Player, 2 Rebounders
- Players Picks Money Ball Rack (2pts per shot)
  - Add Curry Shots for 7th/8th Graders (3 pts per 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 2: Shooting & Defense Focus