



THURSDAY: IN THE LAB SKILLZ FOCUS

Players receive Camp Shirts!

Morning Camp

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

- **3rd/4th Grade - Cones/Change of Direction + 1 v 1**
 - Cone Drill (Crossovers Only) - 10 minutes
 - COD Crossover @ 45s - 20 minutes
 - Jab Cross Step @ 45s to Layup & Jump Stop
 - @ High 45 (Go-To Move to COD Crossover to Finish)
 - 1 v 1 @ High 45 (Off the Dribble) - 10 minutes
 - Emphasize Changing Directions
 - Emphasize Defense Cutting Off Defender
- **5th/6th Grade - 3 on 3 (Academy Version)**
 - Compete 3 on 3!!!
 - Break It Down & Build It Back Up
 - Focuses:
 - 3 on 0
 - Moving the Ball Around (Under 1.5-sec rule)
 - Making the Right Play (Read the Defense)
 - Compete 3 on 3!!!
- **7th/8th Grade - Film Room: Coaches Clinic w/ High School Coaches Q&A + Scoring Focus Review**
 - Matt Miller & High School Coaches Q&A
 - Review Day 1:
 - Allen Iverson Attacks to Finish (Go-To Move)
 - Kobe Bryant Attacks to Finish (Go-To Move)
 - Kevin Durant Attacks to Finish (Go-To Move)

Water Break/Free Throws

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

- **3rd/4th Grade - Film Room: Coaches Clinic w/ High School Coaches Q&A + Scoring Camp Review**
 - Matt Miller & High School Coaches Q&A
 - Review Day 1:
 - Allen Iverson Attacks to Finish (Go-To Move)
 - Kobe Bryant Attacks to Finish (Go-To Move)
 - Kevin Durant Attacks to Finish (Go-To Move)
- **5th/6th Grade - 3 on 3 (Academy Version)**
 - Compete 3 on 3!!!
 - Break it Down & Build it Back Up
 - Focuses:
 - 3 on 0
 - Moving the Ball Around (Under 3-sec rule)
 - Making the Right Play (Read the Defense)
 - Compete 3 on 3!!!
- **7th/8th Grade - Cones/Change of Direction + 1 v 1**
 - Cone Drill (Crossovers Only) - 10 minutes
 - COD Crossover @ 45s - 20 minutes
 - Jab Cross Step @ 45s to Layup & Jump Stop
 - @ High 45 (Go-To Move to COD Crossover to Finish)
 - 1 v 1 @ High 45 (Off the Dribble) - 10 minutes
 - Emphasize Changing Directions
 - Emphasize Defense Cutting Off Defender

Water Break/Free Throws

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

- **3rd/4th Grade - Cones/Change of Direction + 1 v 1**
 - Cone Drill (Crossovers Only) - 10 minutes
 - COD Crossover @ 45s - 20 minutes
 - Jab Cross Step @ 45s to Layup & Jump Stop
 - @ High 45 (Go-To Move to COD Crossover to Finish)
 - 1 v 1 @ High 45 (Off the Dribble) - 10 minutes
 - Emphasize Changing Directions
 - Emphasize Defense Cutting Off Defender



THURSDAY: IN THE LAB SKILLZ FOCUS

- **5th/6th Grade - Film Room: Coaches Clinic w/ High School Coaches Q&A + Scoring Camp Review**
 - High School Coaches Q&A - 10 minutes
 - Review Day 1: - 20 minutes (6 minutes each)
 - Allen Iverson Attacks to Finish (Go-To Move)
 - Kobe Bryant Attacks to Finish (Go-To Move)
 - Kevin Durant Attacks to Finish (Go-To Move)
 - Play 1 v 1 King/Queen of the Court - 10 minutes
- **7th/8th Grade - 3 on 3 (Academy Version)**
 - Compete 3 on 3!!!
 - Break Them it & Build it Back Up
 - Focuses:
 - 3 on 0
 - Moving the Ball Around (Under 3-sec rule)
 - Making the Right Play (Read the Defense)
 - Compete 3 on 3!!!

Water Break/Free Throws

11:10-11:35: King of the Court/How to Be #M14Made

- How to Be #M14Made: Film Room Video
 - Needs: Can Score, Defensive Stopper, Shooter, Play Well Without the Ball, and the 4 Intangibles: Hard Work, Consistency, Discipline, & Leadership
 - PNR: Layup Across & 2DPU
- Play 1 v 1 King/Queen of the Court

11:35-11:50: Hot Shots Finals!!! (3 Winners: 3rd/4th, 5th/6th, & 7th/8th)

- 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 Champion

11:50am: Shut camp down with closing remarks

- Transition to Lunch
- Koconuts is coming!! All campers bring \$5 for shaved ice desert!!! (koconutsshaveice.com)

Afternoon Camp

1:30-1:50: Compete 3 on 3 (Start by 2pm) (3 Trio Winners: 3rd/4th, 5th/6th, & 7th/8th)

- COMPETE!!!

Water Break/Free Throws

1:50-4:20: Compete 5 on 5 (Start by 2:30pm) (3 Team Winners: 3rd/4th, 5th/6th, & 7th/8th)

- COMPETE!!!
- Players get more shirts!

4:20pm: Shut camp down with closing remarks