



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**
(Court leaders run their grade level)
 - Pound Dribble
 - Pistol Pete Series
 - Back/Forth
 - Push/Pull
 - Crossovers 10x
 - Between 10x
 - Behind 10x
- **Full Court Ball Handling**
(Court leaders run their grade level)
 - Speed Dribble
 - Inside Out
 - Hesitation
 - Change Between

Water Break/Free Throws

9:30-10:10: Allen Iverson Segment

(Court Leader Runs Round #1)

- Teach Go-To Attack Moves - 18 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 - 18 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**

10:10-10:50: Kobe Bryant Segment

(Staff Member Runs Round #2)

- Teach Go-To Triple Threat Moves - 18 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 - 18 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**



Monday SCORING FOCUS

10:50-11:25: Kevin Durant Segment

(Staff Member Runs Round #3)

- 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)**
- 1 v 1 Off the Dribble @ High 45s - 20 minutes

**11:25-11:30: Water Break/Free Throws
(Set Up Hot Shots Competition)**

11:30-11:45: Hot Shots Competition

(Hand Out Court Assignments & Groups)

- Time Limit = 1 minute
- 4 Spots (Block = 1pt, Elbow = 3pts, Short Corner = 4pts, 3pt = 5pts)
- Score 1x @ Each Spot = 20 Bonus Points
- Shoot @ Every Spot 1st
- 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: Spot Shots Competition

Players will stay in their morning camp groups.

- Court 1 & 2: 3rd-4th Grade = 8 Makes Per Spot
- Court 3 & 4: 5th-6th Grade = 10 Makes Per Spot
- Court 5 & 6: 7th/8th Grade = 12 Makes Per Spot
- 2 Basketballs Per basket
- First Group to Finish 5 Spots Wins

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)

- Every team Play 3 Games
- 20 Minute Games
- Just Hoop Today

4:25pm: Shut camp down with closing remarks

- Review Day 1
- Talk about Day 2: Shooting & Defense Camp