



Morning Camp

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

(Staff Runs Round #1)

- **3rd/4th Grade - Shooting & Film Room**
 - *Split Group in Half: Shooting Group & Film Group*
 - 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
 - 2 People w/Ball @ 45 (2 people in each line, 4 basketball)
 - Everybody Else @ Baseline Lane Line
 - 1st Whistle - Sprint to Elbow and Chop Feet in Place
 - 2nd Whistle - Slide to High 5 Each Other and Closeout to 45s
 - Active Hands & Feet
 - 3rd Whistle - Defense to Offense & Offense Off
 - Team Defense
 - Shell Drill to LIVE!!!
 - Help Line to LIVE!!!
 - Up & Through to LIVE!!!
- **7th/8th Grade - Speed & Agility (Soto)**

Water Break/Free Throws

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

- **3rd/4th Grade - Speed & Agility (Soto)**
- **5th/6th Grade - Shooting & Film Room**
 - *Split Group in Half: Shooting Group & Film Group*
 - 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
 - 2 People w/Ball @ 45 (2 people in each line, 4 basketball)
 - Everybody Else @ Baseline Lane Line
 - 1st Whistle - Sprint to Elbow and Chop Feet in Place
 - 2nd Whistle - Slide to High 5 Each Other and Closeout to 45s
 - Active Hands & Feet
 - 3rd Whistle - Defense to Offense & Offense Off
 - Team Defense
 - Shell Drill to LIVE!!!
 - Help Line to LIVE!!!
 - Up & Through to LIVE!!!

Water Break/Free Throws



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

- **3rd/4th Grade - Defense**
 - On Defense Breakdown
 - Celtics Drill
 - 2 People w/Ball @ 45 (2 people in each line, 4 basketball)
 - Everybody Else @ Baseline Lane Line
 - 1st Whistle - Sprint to Elbow and Chop Feet in Place
 - 2nd Whistle - Slide to High 5 Each Other and Closeout to 45s
 - Active Hands & Feet
 - 3rd Whistle - Defense to Offense & Offense Off
 - Team Defense
 - Shell Drill to LIVE!!!
 - Help Line to LIVE!!!
 - Up & Through to LIVE!!!
- **5th/6th Grade - Speed & Agility**
- **7th/8th Grade - Shooting & Film Room**
 - *Split Group in Half: Shooting Group & Film Group*
 - 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

11:10-11:30: Coaches Dunk Contest

- 3 Rounds (1 minute to complete dunk) ***lower rim to 9'8"
 - After 2nd Round Drop to 2 Finalists
 - 3rd Round Championship
- 4 Dunk Contestants: Eric, Randy, Jeremiah, Ty Rogers
- Judges: Matt, Nick, Bobby, Andrew

11:30-11:50: 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 Champion

11:50am: Shut camp down with closing remarks

- Transition to Lunch



Afternoon Camp

1:30-1:50: Compete 3 on 3

- COMPETE!!!
- 5 Minute Games & Rotate Baskets
- Line Players Up Smallest to Tallest to Create Teams
 - Court 1 & 2: 3rd-4th Grade
 - Court 3 & 4: 5th-6th Grade
 - Court 5 & 6: 7th/8th Grade

1:50-2:00: Water Break/Free Throws

2:00-4:25: Compete 5 on 5 (Start by 2:30pm)

- 14 Minute Games
- THEME: Free Throw Validation
 - Make = Game Over
 - Miss = Sudden Death Overtime
 - No Matter the Score, You Have a Chance To Win

4:25pm: Shut camp down with closing remarks

- Review Day 1 & 2
- Talk about Day 3: 3 on 3 Focus