



Wednesday
3 ON 3 FOCUS

Morning Camp

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

- **3rd/4th Grade - Screens & Cuts**
 - Using Screens to Score - 15 minutes
 - Straight Cut
 - Soft Curl to Finish
 - Cut to Finish - 15 minutes
 - V-Cut to Get Open (Dribble @)
 - Baseline Drive & 45 Cut (Lebron Style)
 - Compete 3 v 3 (Pass & Cut or Screen Away) - 10 minutes
- **5th/6th Grade - Moving Without the Ball**
 - Film Room (Coaches Corner) - 10 minutes
 - Drive & Kick Options - 6 minutes each
 - Strong Side Drive to Slide Away (2 to 1 Slappy pass)
 - Baseline Drive to Baseline Drift (Jump Out of Bounds on Pass)
 - Middle Drive to Circle Behind (Jump Stop, Pivot, Pitch)
 - Middle Drive to Slide Away (Jump Skip Pass)
 - Baseline Drive to Circle Behind (Reverse Pivot to Pass)
- **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 - Screens & Cuts**
 - Using Screens to Score - 15 minutes
 - Straight Cut
 - Soft Curl to Finish
 - Cut to Finish - 15 minutes
 - V-Cut to Get Open (Dribble @)
 - Baseline Drive & 45 Cut (Lebron Style)
 - Compete 3 v 3 (Pass & Cut or Screen Away) - 10 minutes
- **7th/8th Grade - Moving Without the Ball**
 - Film Room (Coaches Corner) - 10 minutes
 - Drive & Kick Options - 6 minutes each
 - Strong Side Drive to Slide Away (2 to 1 Slappy pass)
 - Baseline Drive to Baseline Drift (Jump Out of Bounds on Pass)
 - Middle Drive to Circle Behind (Jump Stop, Pivot, Pitch)
 - Middle Drive to Slide Away (Jump Skip Pass)
 - Baseline Drive to Circle Behind (Reverse Pivot to Pass)

Water Break/Free Throws

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

- **3rd/4th Grade - Moving Without the Ball**
 - Film Room (Coaches Corner) - 10 minutes
 - Drive & Kick Options - 6 minutes each
 - Strong Side Drive to Slide Away (2 to 1 Slappy pass)
 - Baseline Drive to Baseline Drift (Jump Out of Bounds on Pass)
 - Middle Drive to Circle Behind (Jump Stop, Pivot, Pitch)
 - Middle Drive to Slide Away (Jump Skip Pass)
 - Baseline Drive to Circle Behind (Reverse Pivot to Pass)
- **5th/6th Grade - Speed & Agility**
- **7th/8th Grade - Screen & Cuts**
 - Using Screens to Score - 15 minutes
 - Straight Cut
 - Soft Curl to Finish
 - Cut to Finish - 15 minutes
 - V-Cut to Get Open (Dribble @)
 - Baseline Drive & 45 Cut (Lebron Style)
 - Compete 3 v 3 (Pass & Cut or Screen Away) - 10 minutes

Water Break/Free Throws



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11:30-11:50: Hot Shots Competition

- 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

1:30-1:55: King of the Court Competition (3 Winners: 3rd/4th, 5th/6th, & 7th/8th)

Take the Top 5 Players from Each Age Group to Play Final Game to 2 points

- 6 Second Shot Clock
- Score by 1's & 2's
- Make It Take It
- 2 Lines @ High 45s or 45s
- 1 Shot Per Possession (No Rebounds)

Water Break/Free Throws

1:55-2:20: Compete 3 on 3 (Start by 2pm)

- COMPETE!!!

Water Break/Free Throws

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

- 20 Minute Games
- THEME: Double Time
 - Double Time - Every Make Equals Double Points
 - Double Time @ 14min - 7min mark
 - Down by 20 points = 2min Extended Double Time

4:25pm: Shut camp down with closing remarks

- Review Day 1, 2 & 3
- Talk about Day 4: In the Lab Skillz Focus (Special Guests tomorrow!!)