

Basketball Camp (ages 4-7)

Thursday Camp Schedule (CAT - Circuit Allocation Table)

8:00am-8:45am	Coaches Meeting & Set-Up							
8:45am-9:00am	Sign-In							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Check-In	Warm-up: Lay-up Lines		Warm-up: Lay-up Lines		Warm-up: Lay-up Lines	
	Group	All	Blue/Yellow		Green/Red		Purple/Orange	
9:00am-9:20am	Camp Introductions							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Daily Preview - Review (Confidence & Sportsmanship), Daily Preview: Theme: Camp Photo Day, Leadership: Communicate, Life Skill: Teamwork						
9:20am - 9:40am	Circuit Station 1							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Station		DRIBBLING		PASSING		SHOOTING	
	Activity	Free Director	Drill -Ball Control Excercises & Jurassic Park	Game - Tarzan's Escape	Drill - Pass with a Partner (Step Through Pass)	Game - Frog Catcher Relay Race	Drill - Skyhawks Shooting Drill & Agility Ladder Challenge	Game - Feed the T-Rex w/ Agility Ladder Challenge
	Group		Blue/Yellow		Green/Red		Purple/Orange	
Focus		Ball Control - Figure 8's, Dribble Move - Retreat Double Cross		Cross Step (Left Foot/Right Hand & Right Foot/Left Hand)		Phase 4 - Alignment. Toes to Basket. Knee of Toes, Elbow over Knees		
9:40am-9:45am	Water Break							
9:45am-10:05am	Circuit Station 2							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		DRIBBLING		PASSING		SHOOTING	
	Activity	Free Director	Drill -Ball Control Excercises & Jurassic Park	Game - Tarzan's Escape	Drill - Pass with a Partner (Step Through Pass)	Game - Frog Catcher Relay Race	Drill - Skyhawks Shooting Drill & Agility Ladder Challenge	Game - Feed the T-Rex w/ Agility Ladder Challenge
	Group		Purple/Orange		Blue/Yellow		Green/Red	
Focus		Ball Control - Figure 8's, Dribble Move - Retreat Double Cross		Cross Step (Left Foot/Right Hand & Right Foot/Left Hand)		Phase 4 - Alignment. Toes to Basket. Knee of Toes, Elbow over Knees		
10:05am-10:10am	Water Break							
10:10am-10:30am	Circuit Station 3							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		DRIBBLING		PASSING		SHOOTING	
	Activity	Free Director	Drill -Ball Control Excercises & Jurassic Park	Game - Tarzan's Escape	Drill - Pass with a Partner (Step Through Pass)	Game - Frog Catcher Relay Race	Drill - Skyhawks Shooting Drill & Agility Ladder Challenge	Game - Feed the T-Rex w/ Agility Ladder Challenge
	Group		Green/Red		Purple/Orange		Blue/Yellow	
Focus		Ball Control - Figure 8's, Dribble Move - Retreat Double Cross		Cross Step (Left Foot/Right Hand & Right Foot/Left Hand)		Phase 4 - Alignment. Toes to Basket. Knee of Toes, Elbow over Knees		
10:30am-10:45am	Water, Snack and Bathroom Break - Give out stickers from Wednesday							
10:45am-11:05am	Circuit Station 4							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2		SKILL REINFORCEMENT COMPETITION - 3	
	Activity	Free Director	Skyhawks Knockout		Tic Tac Toe Shooting		Pass & Cut Lay-Up Lines	Texas 2-on-1
	Group		Blue vs. Yellow		Red vs. Green		Purple vs. Orange	
Focus		Ball Control (Figure 8's), Dribbling (Retreat Double Cross), Passing (Step Through Pass), Shooting (Alignment)						
11:05am-11:10am	Water Break							
11:10am-11:30am	Circuit Station 5							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2		SKILL REINFORCEMENT COMPETITION - 3	
	Activity	Free Director	Skyhawks Knockout		Tic Tac Toe Shooting		Pass & Cut Lay-Up Lines	Texas 2-on-1
	Group		Purple vs. Orange		Blue vs. Yellow		Red vs. Green	
Focus		Ball Control (Figure 8's), Dribbling (Retreat Double Cross), Passing (Step Through Pass), Shooting (Alignment)						
11:30am-11:35am	Water Break							
11:35am-11:55am	Circuit Station 6							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2		SKILL REINFORCEMENT COMPETITION - 3	
	Activity	Free Director	Skyhawks Knockout		Tic Tac Toe Shooting		Pass & Cut Lay-Up Lines	Texas 2-on-1
	Group		Red vs. Green		Purple vs. Orange		Blue vs. Yellow	
Focus		Ball Control (Figure 8's), Dribbling (Retreat Double Cross), Passing (Step Through Pass), Shooting (Alignment)						
11:55pm-12:05pm	PHASE 6 : Camp Close & Sign-Out							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	SIGN-OUT	Manage Team Lines/Coaches Cue Recap		Gather Belongings		Gather Belongings	
	Activity		Manage Team Lines/Coaches Cue Recap		Coaches Tunnel		Coaches Tunnel	
12:05pm-12:30pm	Coaches Meeting & Tear-Down							