

Basketball Camp (ages 4-7)

Monday 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 2							
								Activity		Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Daily Preview (School Pride Day), Leadership (Connect), Life Skill (Respect ROOTS)													
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 & Monster Trucks		Game - Gold Rush		Drill - Pass with a Partner (Bounce Pass)		Game - Batman vs. Superman		Drill - Skyhawks Shooting Drill & Lava Rock Challenge		Game - Feed the T-Rex w/ Lava Rock Challenge	
								Group				Blue/Yellow		Green/Red		Purple/Orange							
Focus				Ball Control - Mummy Wraps, Dribble Move - Crossover		Thumbs together / Thumbs to the floor		Phase 1 - Follow Through															
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 & Monster Trucks		Game - Gold Rush		Drill - Pass with a Partner (Bounce Pass)		Game - Batman vs. Superman		Drill - Skyhawks Shooting Drill & Lava Rock Challenge		Game - Feed the T-Rex w/ Lava Rock Challenge	
								Group				Purple/Orange		Blue/Yellow		Green/Red							
Focus				Ball Control - Mummy Wraps, Dribble Move - Crossover		Thumbs together / Thumbs to the floor		Phase 1 - Follow Through															
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 & Monster Trucks		Game - Gold Rush		Drill - Pass with a Partner (Bounce Pass)		Game - Batman vs. Superman		Drill - Skyhawks Shooting Drill & Lava Rock Challenge		Game - Feed the T-Rex w/ Lava Rock Challenge	
								Group				Green/Red		Purple/Orange		Blue/Yellow							
Focus				Ball Control - Mummy Wraps, Dribble Move - Crossover		Thumbs together / Thumbs to the floor		Phase 1 - Follow Through															
10:30am-10:45am								Water, Snack and Bathroom Break															
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		Lost in Space		MOVE IT		HUNGER GAMES							
								Group				Blue vs. Yellow		Red vs. Green		Purple vs. Orange							
Focus				Ball Control (Mummy Wraps), Dribbling (Cross Over), Passing (Bounce Pass), Shooting (Follow Through)																			
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		Lost in Space		MOVE IT		HUNGER GAMES							
								Group				Purple vs. Orange		Blue vs. Yellow		Red vs. Green							
Focus				Ball Control (Mummy Wraps), Dribbling (Cross Over), Passing (Bounce Pass), Shooting (Follow Through)																			
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		Lost in Space		MOVE IT		HUNGER GAMES							
								Group				Red vs. Green		Purple vs. Orange		Blue vs. Yellow							
Focus				Ball Control (Mummy Wraps), Dribbling (Cross Over), Passing (Bounce Pass), Shooting (Follow Through)																			
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															