

Basketball Camp (ages 4-7)

Tuesday 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	
Camp Introductions								
9:00am-9:20am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 2	
	Activity	Daily Preview - Review (Camp Rules, Camp Culture, Connect, Respect the ROOTS). Daily Preview: Theme - Jersey Day, Leadership - Cheer, Life Skill - Integrity						
Circuit Station 1								
9:20am - 9:40am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Station		DRIBBLING		PASSING		SHOOTING	
	Activity	Free Director	Drill - Ball Control Excercises & Monster Trucks	Game - Tic Tac Toe Dribbling	Drill - Pass with a Partner (Chest Pass)	Game - Avengers End Game Passing	Drill - Skyhawks Shooting Drill & Snake Pit Challenge	Game - Feed the T-Rex w/ Snake Pit Challenge
	Group		Blue/Yellow		Green/Red		Purple/Orange	
	Focus		Ball Control - Bounce Clap & Catch, Drbble Move - Double Cross		Power Step		Phase 2 - Guide Hand	
Water Break								
Circuit Station 2								
9:45am-10:05am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		DRIBBLING		PASSING		SHOOTING	
	Activity	Free Director	Drill - Ball Control Excercises & Monster Trucks	Game - Tic Tac Toe Dribbling	Drill - Pass with a Partner (Chest Pass)	Game - Avengers End Game Passing	Drill - Skyhawks Shooting Drill & Snake Pit Challenge	Game - Feed the T-Rex w/ Snake Pit Challenge
	Group		Purple/Orange		Blue/Yellow		Green/Red	
	Focus		Ball Control - Bounce Clap & Catch, Drbble Move - Double Cross		Power Step		Phase 2 - Guide Hand	
Water Break								
Circuit Station 3								
10:10am-10:30am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		DRIBBLING		PASSING		SHOOTING	
	Activity	Free Director	Drill - Ball Control Excercises & Monster Trucks	Game - Tic Tac Toe Dribbling	Drill - Pass with a Partner (Chest Pass)	Game - Avengers End Game Passing	Drill - Skyhawks Shooting Drill & Snake Pit Challenge	Game - Feed the T-Rex w/ Snake Pit Challenge
	Group		Green/Red		Purple/Orange		Blue/Yellow	
	Focus		Ball Control - Bounce Clap & Catch, Drbble Move - Double Cross		Power Step		Phase 2 - Guide Hand	
Water, Snack and Bathroom Break - Give out stickers from Monday								
Circuit Station 4								
10:45am-11:05am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2		SKILL REINFORCEMENT COMPETITION - 3	
	Activity	Free Director	Mater's Haul		Avengers Infinite Wars Shooting		BASEketball	
	Group		Blue vs. Yellow		Red vs. Green		Purple vs. Orange	
	Focus		Ball Control (Bounce, Clap, Catch), Dribble Move (Double Cross), Passing (Chest Pass), Shooting (Guide Hand)					
Water Break								
Circuit Station 5								
11:10am-11:30am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2		SKILL REINFORCEMENT COMPETITION - 3	
	Activity	Free Director	Mater's Haul		Avengers Infinite Wars Shooting		BASEketball	
	Group		Purple vs. Orange		Blue vs. Yellow		Red vs. Green	
	Focus		Ball Control (Bounce, Clap, Catch), Dribble Move (Double Cross), Passing (Chest Pass), Shooting (Guide Hand)					
Water Break								
Circuit Station 6								
11:35am-11:55am	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2		SKILL REINFORCEMENT COMPETITION - 3	
	Activity	Free Director	Mater's Haul		Avengers Infinite Wars Shooting		BASEketball	
	Group		Red vs. Green		Purple vs. Orange		Blue vs. Yellow	
	Focus		Ball Control (Bounce, Clap, Catch), Dribble Move (Double Cross), Passing (Chest Pass), Shooting (Guide Hand)					
PHASE 6 : Camp Close & Sign-Out								
11:55pm-12:05pm	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	
Coaches Meeting & Tear-Down								
12:05pm-12:30pm								