

Basketball Camp (ages 4-7)

Wednesday Camp Schedule (CAT - Circuit Allocation Table)

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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	Daily Preview - Review (Cheer & Integrity). Daily Preview: Theme - Wacky Wednesday, Leadership - Confidence, Life Skill - Sportsmanship						
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 Excersizes & Jurassic Park	Game - Star Wars (Episode IV)	Drill - Pass with a Partner (Wrap Around Pass)	Game - Centipede Relay Race	Drill - Skyhawks Shooting Drill & Hop Scotch Challenge	Game - Feed the T- Rex w/ Hop Scotch Challenge
	Group		Blue/Yellow		Green/Red		Purple/Orange	
	Focus		Ball Control - Cliff Divers, Dribble Move - Retreat Cross		Open Step (Right Foot/Right Hand, Left Foot/Left Hand)		Phase 3 - Footwork (Hop Step or 1/2 Step)	
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 Excersizes & Jurassic Park	Game - Star Wars (Episode IV)	Drill - Pass with a Partner (Wrap Around Pass)	Game - Centipede Relay Race	Drill - Skyhawks Shooting Drill & Hop Scotch Challenge	Game - Feed the T- Rex w/ Hop Scotch Challenge
	Group		Purple/Orange		Blue/Yellow		Green/Red	
Focus		Ball Control - Cliff Divers, Dribble Move - Retreat Cross		Open Step (Right Foot/Right Hand, Left Foot/Left Hand)		Phase 3 - Footwork (Hop Step or 1/2 Step)		
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 Excersizes & Jurassic Park	Game - Star Wars (Episode IV)	Drill - Pass with a Partner (Wrap Around Pass)	Game - Centipede Relay Race	Drill - Skyhawks Shooting Drill & Hop Scotch Challenge	Game - Feed the T- Rex w/ Hop Scotch Challenge
	Group		Green/Red		Purple/Orange		Blue/Yellow	
Focus		Ball Control - Cliff Divers, Dribble Move - Retreat Cross		Open Step (Right Foot/Right Hand, Left Foot/Left Hand)		Phase 3 - Footwork (Hop Step or 1/2 Step)		
10:30am-10:45am	Water, Snack and Bathroom Break - Give out stickers from Tuesday							
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	Star Wars Cont. (Episode V & VI)		Pokemon		Pass & Cut Lay-Up Lines	American Gladiators (Score on the Coach)
	Group		Blue vs. Yellow		Red vs. Green		Purple vs. Orange	
Focus		Ball Control (Cliff Divers), Dribbling (Retreat Cross), Passing (Wrap Around Pass), Shooting (Footwork)						
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	Star Wars Cont. (Episode V & VI)		Pokemon		Pass & Cut Lay-Up Lines	American Gladiators (Score on the Coach)
	Group		Purple vs. Orange		Blue vs. Yellow		Red vs. Green	
Focus		Ball Control (Cliff Divers), Dribbling (Retreat Cross), Passing (Wrap Around Pass), Shooting (Footwork)						
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	Star Wars Cont. (Episode V & VI)		Pokemon		Pass & Cut Lay-Up Lines	American Gladiators (Score on the Coach)
	Group		Red vs. Green		Purple vs. Orange		Blue vs. Yellow	
Focus		Ball Control (Cliff Divers), Dribbling (Retreat Cross), Passing (Wrap Around Pass), Shooting (Footwork)						
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							