

Skyhawks Basketball Camp

Monday CAT (Circuit Allocation Table)		1 Director, 2 Coaches		Ages 6-12	
2:30pm-3:15pm	Pre-Camp - Coaches Meeting & Set-up				
3:15pm-3:35pm	Sign-In & Warm-up				
	Coach	Director	Coach 1	Coach 2	
	Activity	Check-In	Lay-up Lines	Lay-up Lines	
	Group	All Groups	Red/Green & Blue/Yellow	Purple/Orange	
3:35pm-3:45pm	Camp Orientation - Camp Rules, Camp Culture (MEAL PLAN), Daily Preview (School Pride Day) Leadership (Connect) Life Skill (Respect the ROOTS)				
3:45pm-4:00pm	STATION 1	Skill Development Stations			
	Coach	Director	Coach 1	Coach 2	
	Activity	Monster Trucks/Tic Tac Toe Dribbling	Move it, Move It	Skyhawks Shooting Drill (Phase 1) & Jailbreak	
	Group	Purple/Orange	Red/Green	Blue/Yellow	
	Focus	Mummy Wraps & Crossover Dribble	Phase 1: Follow Through	Phase 1: Follow Through	
4:00pm-4:05pm	Water Break/Team Lines				
4:05pm-4:20pm	STATION 2	Skill Development Stations			
	Coach	Director	Coach 1	Coach 2	
	Activity	Monster Trucks/Tic Tac Toe Dribbling	Move it, Move It	Skyhawks Shooting Drill (Phase 1) & Jailbreak	
	Group	Blue/Yellow	Purple/Orange	Red/Green	
4:20pm-4:25pm	Water Break/Team Lines				
4:25pm-4:40pm	STATION 3	Skill Development Stations			
	Coach	Director	Coach 1	Coach 2	
	Activity	Monster Trucks/Tic Tac Toe Dribbling	Move it, Move It	Lava Rock Challenge & Feed the T-Rex w/ Lava Rock Challenge	
	Group	Red/Green	Blue/Yellow	Purple/Orange	
4:40pm-4:45pm	Water Break/Team Lines				
4:45pm-5:00pm	STATION 4	Motion Offense			
	Coach	Director	Coach 1	Coach 2	
	Activity	Batman vs. Superman	Pass & Cut Lay-Up Lines & Texas 2-on-1		
	Group	Purple/Orange	Blue/Yellow	Green/Red	
5:00pm-5:05pm	Water Break/Team Lines				
5:05pm-5:25pm	STATION 5	Camp Game			
	Coach	Director	Coach 1	Coach 2	
	Activity	Hunger Games			
	Group	Broadcast Game	Firehawks (Yellow, Red, Orange)	IceHawks (Blue, Green, Purple)	
5:25pm-5:35pm	Close	Camp Close & Sign-Out			
5:25pm-5:35pm	Coach	Director	Coach 1		Coach 2
	Activity	SIGN-OUT	Manage Team Lines	Help campers gather belongings	
	Activity		Daily Recap	Coaches Tunnel	
5:35pm-6:00pm	Post Camp - Tear Down & Coaches Meeting				