

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 | |
| | Activity | Check-In | Warm-up: Lay-up Lines | | Warm-up: Lay-up Lines | |
| | Group | All | Blue/Yellow | | Green/Red | |
| 9:00am-9:20am | Camp Introductions | | | | | |
| | Coach | DIRECTOR | COACH 1 | | 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 | |
| | Station | | DRIBBLING | | SHOOTING | |
| | Activity | Free Director | Drill -Ball Control Excersizes & Monster Trucks | Game - Gold Rush | Drill - Skyhawks Shooting Drill & Lava Rock Challenge | Game - Feed the T-Rex w/ Lava Rock Challenge |
| | Group | | Blue/Yellow | | Green/Red | |
| | Focus | | Ball Control - Mummy Wraps, Dribble Move - Crossover | | Phase 1 - Follow Through | |
| 9:40am-9:45am | Water Break | | | | | |
| 9:45am-10:05am | Circuit Station 2 | | | | | |
| | Coach | DIRECTOR | COACH 1 | | COACH 2 | |
| | Station | | DRIBBLING | | SHOOTING | |
| | Activity | Free Director | Drill -Ball Control Excersizes & Monster Trucks | Game - Gold Rush | Drill - Skyhawks Shooting Drill & Lava Rock Challenge | Game - Feed the T-Rex w/ Lava Rock Challenge |
| | Group | | Red/Green | | Blue/Yellow | |
| | Focus | | Ball Control - Mummy Wraps, Dribble Move - Crossover | | Phase 1 - Follow Through | |
| 10:05am-10:15am | Snack & Bathroom Break | | | | | |
| 10:15am-10:35am | Circuit Station 3 | | | | | |
| | Coach | DIRECTOR | COACH 1 | | COACH 2 | |
| | Station | | PASSING | | SHOOTING | |
| | Activity | Free Director | Drill - Pass with a Partner (Bounce Pass) | Game - Batman vs. Superman | Lost in Space | |
| | Group | | Blue/Yellow | | Green/Red | |
| | Focus | | Thumbs together / Thumbs to the floor | | Phase 1 - Follow Through | |
| 10:35am-10:40am | Water Break | | | | | |
| 10:40am-11:00am | Circuit Station 4 | | | | | |
| | Coach | DIRECTOR | COACH 1 | | COACH 2 | |
| | Station | | PASSING | | SHOOTING | |
| | Activity | Free Director | Drill - Pass with a Partner (Bounce Pass) | Game - Batman vs. Superman | Lost in Space | |
| | Group | | Green/Red | | Blue/Yellow | |
| | Focus | | Thumbs together / Thumbs to the floor | | Phase 1 - Follow Through | |
| 11:00am-11:10am | Snack & Bathroom Break | | | | | |
| 11:10am-11:30am | Circuit Station 5 | | | | | |
| | Coach | DIRECTOR | COACH 1 | | COACH 2 | |
| | Station | | SKILL REINFORCEMENT COMPETITION - 1 | | SKILL REINFORCEMENT COMPETITION - 2 | |
| | Activity | Free Director | Hunger Games | | MOVE IT | |
| | Group | | Blue/Yellow | | Green/Red | |
| | 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 | |
| | Station | | SKILL REINFORCEMENT COMPETITION - 1 | | SKILL REINFORCEMENT COMPETITION - 2 | |
| | Activity | Free Director | Hunger Games | | MOVE IT | |
| | Group | | Green/Red | | Blue/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 | |
| | Activity | SIGN-OUT | Manage Team Lines/Coaches Cue Recap | | Gather Belongings | |
| | Activity | | Manage Team Lines/Coaches Cue Recap | | Coaches Tunnel | |
| 12:05pm-12:30pm | Coaches Meeting & Tear-Down | | | | | |