

Basketball Camp (ages 4-7)

Thursday 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	Daily Preview - Review (Confidence & Sportsmanship), Daily Preview: Theme: Camp Photo Day, Leadership: Communicate, Life Skill: Teamwork				
9:20am - 9:40am	Circuit Station 1					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		DRIBBLING		SHOOTING	
	Activity	Free Director	Drill - Ball Control Excersizes & Jurassic Park	Game - Tarzan's Escape	Drill - Skyhawks Shooting Drill & Agility Ladder Challenge	Game - Feed the T-Rex w/ Agility Ladder Challenge
	Group		Blue/Yellow		Green/Red	
	Focus		Ball Control - Figure 8's, Dribble Move - Retreat Double Cross		Phase 4 - Alignment. Toes to Basket. Knee of Toes, Elbow over Knees	
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 & Jurassic Park	Game - Tarzan's Escape	Drill - Skyhawks Shooting Drill & Agility Ladder Challenge	Game - Feed the T-Rex w/ Agility Ladder Challenge
	Group		Red/Green		Blue/Yellow	
Focus		Ball Control - Figure 8's, Dribble Move - Retreat Double Cross		Phase 4 - Alignment. Toes to Basket. Knee of Toes, Elbow over Knees		
10:05am-10:15am	Snack & Bathroom Break					
10:15am-10:35am	Circuit Station 3					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		PASSING		Motion Offense	
	Activity	Free Director	Drill - Pass with a Partner (Step Through Pass)	Game - Frog Catcher Relay Race	Pass & Cut Lay-Up Lines	Texas 2-on-1
	Group		Blue/Yellow		Green/Red	
Focus		Cross Step (Left Foot/Right Hand & Right Foot/Left Hand)		ABC's - Always Be Cutting		
10:35am-10:40am	Water Break					
10:40am-11:00am	Circuit Station 4					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		PASSING		Motion Offense	
	Activity	Free Director	Drill - Pass with a Partner (Step Through Pass)	Game - Frog Catcher Relay Race	Pass & Cut Lay-Up Lines	Texas 2-on-1
	Group		Green/Red		Blue/Yellow	
Focus		Cross Step (Left Foot/Right Hand & Right Foot/Left Hand)		ABC's - Always Be Cutting		
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	Skyhawks Knockout		Tic Tac Toe Shooting	
	Group		Blue/Yellow		Green/Red	
Focus		Ball Control (Figure 8's), Dribbling (Retreat Double Cross), Passing (Step Through Pass), Shooting (Alignment)				
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	Skyhawks Knockout		Tic Tac Toe Shooting	
	Group		Green/Red		Blue/Yellow	
Focus		Ball Control (Figure 8's), Dribbling (Retreat Double Cross), Passing (Step Through Pass), Shooting (Alignment)				
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					