

# Basketball Camp (ages 4-7)

## Wednesday Camp Schedule (CAT - Circuit Allocation Table)

8:00am-8:45am	<b>Coaches Meeting &amp; Set-Up</b>					
8:45am-9:00am	<b>Sign-In</b>					
	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	<b>Camp Introductions</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Activity	Daily Preview - Review (Cheer & Integrity). Daily Preview: Theme - Wacky Wednesday, Leadership - Confidence, Life Skill - Sportsmanship				
9:20am - 9:40am	<b>Circuit Station 1</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		PASSING		SHOOTING	
	Activity	Free Director	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	
	Focus		Open Step (Right Foot/Right Hand, Left Foot/Left Hand)		Phase 3 - Footwork (Hop Step or 1/2 Step)	
9:40am-9:45am	<b>Water Break</b>					
9:45am-10:05am	<b>Circuit Station 2</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		PASSING		SHOOTING	
	Activity	Free Director	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		Red/Green		Blue/Yellow	
Focus		Open Step (Right Foot/Right Hand, Left Foot/Left Hand)		Phase 3 - Footwork (Hop Step or 1/2 Step)		
10:05am-10:15am	<b>Snack &amp; Bathroom Break</b>					
10:15am-10:35am	<b>Circuit Station 3</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		DRIBBLING		Motion Offense	
	Activity	Free Director	Drill - Ball Control Excercises & Jurassic Park	Game - Star Wars (Episode IV)	Pass & Cut Lay-Up Lines	American Gladiators (Score on the Coach)
	Group		Blue/Yellow		Green/Red	
Focus		Ball Control - Cliff Divers, Dribble Move - Retreat Cross		ABC's - Always Be Cutting		
10:35am-10:40am	<b>Water Break</b>					
10:40am-11:00am	<b>Circuit Station 4</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		DRIBBLING		Motion Offense	
	Activity	Free Director	Drill - Ball Control Excercises & Jurassic Park	Game - Star Wars (Episode IV)	Pass & Cut Lay-Up Lines	American Gladiators (Score on the Coach)
	Group		Green/Red		Blue/Yellow	
Focus		Ball Control - Cliff Divers, Dribble Move - Retreat Cross		ABC's - Always Be Cutting		
11:00am-11:10am	<b>Snack &amp; Bathroom Break</b>					
11:10am-11:30am	<b>Circuit Station 5</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2	
	Activity	Free Director	Star Wars Cont. (Episode V & VI)		Pokemon	
	Group		Blue/Yellow		Green/Red	
Focus		Ball Control (Cliff Divers), Dribbling (Retreat Cross), Passing (Wrap Around Pass), Shooting (Footwork)				
11:30am-11:35am	<b>Water Break</b>					
11:35am-11:55am	<b>Circuit Station 6</b>					
	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		SKILL REINFORCEMENT COMPETITION - 1		SKILL REINFORCEMENT COMPETITION - 2	
	Activity	Free Director	Star Wars Cont. (Episode V & VI)		Pokemon	
	Group		Green/Red		Blue/Yellow	
Focus		Ball Control (Cliff Divers), Dribbling (Retreat Cross), Passing (Wrap Around Pass), Shooting (Footwork)				
11:55pm-12:05pm	<b>PHASE 6 : Camp Close &amp; Sign-Out</b>					
	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	<b>Coaches Meeting &amp; Tear-Down</b>					