**Basketball Camp Schedule**

**Max 20 - 45 kids:** **Please note, Camp times maybe subject to change due to gym/camp policy.**

Players will be placed in groups according to age & ability

3 – 4 Coaches (and students/volunteers’ coaches) will be on location

Each day we will progress from the skills that was taught the day before

Our Life Skills station – **Players will learn a certain Life Skills topic (Sportsmanship, Respect, Bullying, and Confidence) Players will also be required to fill out questionnaire on topics each day.**

**Monday**

**Morning**

**9:00am – 9:15am**.................. Attendance, Forming groups, Safety Rules, Topic of the day (**Sportsmanship**) – Being a part of a team

**9:15am – 9:30am**................. Warm – up and Stretching, Team Relays (Speed Test – 6 groups working together on drill.

**9:30am – 10:10am**.............. Fundamental Stations (10 Minute Stations)

* **Athletic Performance Station** – Squats & Lunges (No Balls)
* Squats series – 3 sets each (normal squats and one legged squats with both legs)
* Lunge series – 3 sets each (Stationary lunge and forward and backward lunge – lunging cross body with right leg and left leg)
* **Foot Work** – Triple Threat – Jab Series & Pivoting (With Ball)
* Staying in squat position with feet shoulder with feet apart. Stress staying low (Forward Jab, Cross Body Jab, Ball Fake Jab, Sweep Jab and Shot fake Jab – Forward Pivot & Backward Pivot)
* **Dribbling** – Stationary Ball Handling
* Finger tips, Around the back, Around the legs, Figure 8, Dribbling (left/right hand... make sure kids learn to POUND the Ball hard), crossover etc..
* **Life Skills 101 – Sportsmanship**
* Players will be asked to review with instructor and fill out True & false questions about the topic.

**10:10am – 10:30am**........... Kings Court (Shooting Competition series)

**10:30am – 10:45am**........... Snack Break/Free Time

**10:45am – 11:00am............** Ball Tag

**11: 00am – 11:50am**........... 3 on 3, 4 on 4 or 5 on 5 Scrimmages

**11:50am – 12:00pm**............ Stretch/Departure

**Afternoon**

**1:00pm – 1:15pm**..................... Warm – up/Stretching

**1:15pm – 1:45pm**................ Fundamental Stations (10 minute Stations)

* **Shooting** – Form Shooting
* Proper holding of the basketball – One hand shooting then both hands – Shooting close to the basic.
* **Passing** – Partner Passing
* Using both hands follow through with thumbs pointing down – Chest pass, Bounce pass, Overhead, Fake then step right then left pass.
* **Defence** – Proper Stance
* Entire Camp group doing Defensive slides – Left, Right, Jump ball, loose ball, hot feet.

**1:45pm – 2:00pm**............. Camp Teaching Drill – Getting open

* V-Cuts, L-Cut and Seal and Pop from wing

**2:00pm – 2:30pm**............. Break up into groups and practice teaching drill (getting open).

**2:30pm – 2:40pm**............. Snack Break/Free time

**2:40pm – 3:00pm**............. Scrimmages – Break up into teams for games

**3:00pm – 3:15pm**............. Stretch/Departure.

**Tuesday**

**Morning**

**9:00am – 9:15am**.................. Attendance, Forming groups, Safety Rules, Topic of the day (**Respect**) – Respect yourself, Family, Friends and School

**9:15am – 9:30am**................. Warm – up and Stretching, Team Relays (Dribbling Speed Test – 6 groups working together on drill.

**9:30am – 10:10am**.............. Fundamental Stations (10 Minute Stations)

* **Athletic Performance Station** – Squats & Lunges (No Balls)
* 4 Corner Key Box Drill & Slide drill from Cone to Cone (30 Seconds)
* **Foot Work** – Lay - Ups
* Breaking down lay-up both hands – First no dribble two steps up, One dribble followed by two steps up and three dribble two steps up
* **Dribbling** – Dribbling in 2 groups – Younger on one half and older on the other half
* Using both hands – Stop and go, crossover, change of direction etc...
* **Life Skills 101 – Respect**
* Players to review and complete True and False questionnaire

**10:10am – 10:30am**........... Competition series (Scores will be recorded each day for improvement)

* Hot Shots, Free throw, Lay ups and shooting

**10:30am – 10:45am**........... Snack Break/Free Time

**10: 45am – 11:50am**........... 3 on 3, 4 on 4 or 5 on 5 Scrimmages

**11:50am – 12:00pm**............ Stretch/Departure

**Afternoon**

**1:00pm – 1:15pm**..................... Warm – up/Stretching

**1:15pm – 1:45pm**................ Fundamental Stations (10 minute Stations)

* **Shooting** – Shooting of the dribble
* One dribble to a jump stop, two dribble and three dribble to shot.
* **Passing** – Partner Passing
* Have a group of 3 in one line. The first people dribbles to the cone, jump stop, turn and pivots and pass the ball back to the line they came from. The player then jogs to back of line.
* **Defence** – Zig – Zag Drills
* Having the older and younger on either side of the court doing zigzag to one side and back.

**1:45pm – 2:00pm**............. Camp Teaching Drill – Back Door Cuts

* Cutting from wing and middle for a shot.

**2:00pm – 2:30pm**............. Break up into groups and practice teaching drill (Back Door Cuts).

**2:30pm – 2:40pm**............. Snack Break/Free time

**2:40pm – 3:00pm**............. Scrimmages – Break up into teams for games

**3:00pm – 3:15pm**............. Stretch/Departure.

**Wednesday**

**Morning**

**9:00am – 9:15am**.............. Attendance, Forming groups, Safety Rules, Topic of the day (**Bullying**) – In sports, school and in the community.

**9:15am – 9:30am**................. Warm – up and Stretching, Team Relays (Agility Contest – 6 groups working together on drill.

**9:30am – 10:10am**.............. Fundamental Stations (10 Minute Stations)

* **Athletic Performance Station** – Strength Testing
* Wall – Sits, Push –Ups, Sit ups.
* **Foot Work** – Jab Series from the wing – sweep, shot fake Jab sweep etc...
* Jabbing from the wing to a lay – up or shot – Going baseline then middle.
* **Dribbling** – Dribbling in 2 Groups – Younger on one half and older on the other half
* Dribbling around cones then make a layup and into a jump shot.
* **Life Skills 101 – Bullying**
* Review Bullying in sports and life

**10:10am – 10:30am**........... Competition series (Scores will be recorded everyday for improvement)

**10:30am – 10:45am**........... Snack Break/Free Time

**10:45am – 11:00am............** Ball Tag

**11: 00am – 11:50am**........... 3 on 3, 4 on 4 or 5 on 5 Scrimmages

**11:50am – 12:00pm**............ Stretch/Departure

**Afternoon**

**1:00pm – 1:15pm**..................... Warm – up/Stretching

**1:15pm – 1:45pm**................ Fundamental Stations (10 minute Stations)

* **Shooting** – Spot Shooting
* Shooting from various spots on the court.
* **Passing** – Partner Passing
* Have a group of 3 in one line. The first person dribbles to a cone, jump stop turn and pivots and pass the ball back to the line they came from. The player then jogs back of line.
* **Defence** – Zug-Zag Drills
* Having the older and younger on their side of the court doing zigzags to one side and back.

**1:45pm – 2:00pm**............. Camp Teaching Drill – Coming off screens

* How to use screens for a shot – How to curl and fade off a screen.

**2:00pm – 2:30pm**............. Break up into groups and practice teaching drill (getting open).

**2:30pm – 2:40pm**............. Snack Break/Free time

**2:40pm – 3:00pm**............. Scrimmages – Break up into teams for games

**3:00pm – 3:15pm**............. Stretch/Departure.

**Thursday**

**Morning**

**9:00am – 9:15am**.................. Attendance, Forming groups, Safety Rules, Topic of the day (**Confidence**) – Being confident on and off the court.

**9:15am – 9:30am**................. Warm – up and stretching.

**9:30am – 10:10am**.............. Fundamental Stations (10 Minute Stations)

* **Athletic Performance Station** – Core Strength (No Balls)
* Abs work-out
* **Foot Work** – Plyometrics
* Players standing on one and two legs hoping back and forth and front to back, hopping side to side
* **Dribbling** – Dribbling in 2 groups – Younger on one half and Older on the other half
* Dribbling moves off the dribble to a lay-up and/or shot.
* **Life Skills 101 – Confidence**
* How to be confident in yourself?

**10:10am – 10:30am**........... Kings Court (Shooting Contest between groups)

**10:30am – 10:45am**........... Snack Break/Free Time

**10: 45am – 11:50am**........... 3 on 3, 4 on 4 or 5 on 5 Scrimmages

**11:50am – 12:00pm**............ Stretch/Departure

**Afternoon**

**1:00pm – 1:15pm**..................... Warm – up/Stretching

**1:15pm – 1:45pm**................ Fundamental Stations (10 minute Stations)

* **Shooting** – Shooting
* Shooting competitions in groups
* **Passing** – Full court Passing
* Working on passing up and down the court
* **Defence** – Post Moves
* Offensive moves and Defensive boxing-out drills.

**1:45pm – 2:00pm**............. Camp Teaching Drill – Moving with-out the ball

* Ball cut and pass and screen away

**2:00pm – 2:30pm**............. Break up into groups and practice teaching drill (Moving without the ball).

**2:30pm – 2:40pm**............. Snack Break/Free time

**2:40pm – 3:00pm**............. Scrimmages – Break up into teams for games

**3:00pm – 3:15pm**............. Stretch/Departure.

**Friday**

**Morning**

**9:00am – 9:15am**.................. Attendance, Forming groups, Safety Rules, Topic of the day (**Leadership**) – What does it mean to be a leader?

**9:15am – 9:45am**................. Warm – up and stretching.

**9:45am – 10:15am**............... BOOT CAMP

* Eight different work-out stations - Ladders, Hurdles, Dribbling, Shooting, Skipping, Planks, etc...

**10:15am – 10:30am**........... Life Skills 101 – Leadership

* What is a leader? How can I become a leader?

**10:30am – 10:45am**........... Snack Break/Free Time

**10:45am – 11:50am............** Tournament/Games

**11: 50am – 12:00pm**........... Group pictures

**Afternoon**

**1:00 – 1:15pm**..................... Warm – up/Stretching

**1:15am – 1:30pm**................ Camp Coaching Topic – Step Back Series

* How to create space to get your shot off.

**1:30pm – 2:00pm**............. Breaking up into groups and practicing drill

**2:00pm – 2:30pm**............. Entire Camp playing KINGS COURT (Shooting Game)

**2:30pm – 2:40pm**............. Snack Break/Free time

**2:40pm – 3:00pm**............. Scrimmages – Break up into teams for games

**3:00pm – 3:15pm**............. Week Recap/Wrap up/Departure.