

Monday July 22, 2024

8-9am Camper Check –In....

9am Coach Beaury Welcome

9:15 Team Assembly/Attendance/Team Meetings/ Tour/Fire Drill

9:40 Stretch (Staff Meeting)

9:50 Stations (7 @ 13 minutes each) (7 Groups of 16/17) (Short lines/Baseline out/TEACH)

1. Ball handling: Handle the ball, slaps, rings, 8's, fingertips, Single, Double/Dribble Moves (**J Karbowski**)

2. Shooting: Form- Dry, Ball, Greet the Basket, layups, R & L, Advanced (**P. Flory, J Marcil**)

3. Footwork/Conditioning: Form/Running, Basketball Movements (Cones, Ladders, Etc.) (**S Faraj**)

4. Defense - Individual and team Man to Man D Concepts (**A Wright, K Carter**)

5. Rebounding/Post Moves: Defensive, Offensive, FT, Moves/Counter Moves (**J Dickelman, AJ Wright**)

6. Offensive spacing: 1/2 court Motion basics - Fast break drills (**A Myers, M Lombardi**)

7. Passing: Bounce, Chest, Overhead, Wrap around. Pivoting, Jump stops, Ball Reversal (**L. Buckley, Golsen**)

11:30 4 Minute Drill (Right & Left Hand 1 x each)

Gym 1

Gym 2

Gym 3

D3

D1/D2

NBA

11:45 Practice (Basic Offense, OB plays, Man to Man D Concepts)

Gym 1

Gym 2

Gym 3

D3

D1/D2

NBA

12-12:40 Lunch: NBA & D3 (T shirts)

12n Games/Controlled Scrimmages

Gym 1

Gym 2

Gym 3

D1 & D2

12:45-1:25 Lunch D1 & D2 (T shirts)

12:45 Games/Controlled Scrimmages

Gym 1

Gym 2

Gym 3

NBA & D3

(ALL COACHES MUST STAY WITH YOUR TEAMS DURING BREAKS/LUNCH)

1:30 Games/ Controlled Scrimmages

Gym 1

Gym 2

Gym 3

D3

D1/D2

NBA

2-2:20 Break-NBA-D3/Concession Open

2-2:20 Gym 2: \$\$ Hoop - D1 & D2

2:20-2:40 Break- D1 & D2/Concession Open 2:20-2:40 Gym 2: \$\$ Hoop - NBA-D3

2:45 Games/ Controlled Scrimmages

Gym 1

Gym 2

Gym 3

D3

D1/D2

NBA

3:05 \$\$ Hoop Main Gym

D3

Gym 2

D1/D2

NBA

3: 30 Assembly - Coaches Remarks. 3:45 pm Dismissal - Coaches must escort and team to gym 3 to get bags & lead them to exit up back stairs & stay with them in lobby til' picked up & we have Late Dismissals who can stay in the gym & we need coaches to help daily. Please arrive by 7:45 daily for staff meeting each day, prepared for stations & practice.

