



# **BASKETBALL DAY PROGRAM SAMPLE SCHEDULE**

**8:30 AM - 8:45 AM** Check in & Warm Up

**8:45 AM - 8:55 AM** Ball handling

**8:55 AM - 9:15 AM** Drill stations

**9:15 AM - 9:45 AM** Form shooting, shooting technique

**9:45 AM - 9:55 AM** Water Break Free Shoot

**9:55 AM - 10:10 AM** Full Court Drills/Partner Drills

**10:10 AM - 10:45 AM** 3 on 3 Games

**10:45 AM - 10:55 AM** Water Break/10 Free Throws

**10:55 AM - 11:35 AM** Half Court Scrimmages/Full Court

**11:35 AM - 12:05 PM** Lunch /Guest Speaker

**Lunch Break** - Bring your own lunch or order from our concession stand or coffee shop

**12:05 PM - 12:20 PM** 1v1, 2v2, 3v3 drills game play

**12:20 PM - 12:40 PM** Small Group work

**12:40 PM - 12:55 PM** 1 on 1 Games/competition

**12:55 PM - 1:30 PM** Full Court Scrimmages

**1:30 PM - 1:45 PM** Afternoon Snack/Water Break

**1:45 PM - 1:55** Daily Recap/Camper of the Day

**2:00** Dismissal