



At	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Classroom	8:00		Welcome					
	8:15		Today's Skill Teaching Plan					
	8:30							
	8:45							
1	9:00		Shoot Around/Form Shooting				Game Time Closing Ceremony	
2			Camp Meeting on Court					
3								
1	9:15							Lines Full Court Stretching, Quick Feet, Hops
2								
3								
1	9:30	Piano Dribbling; Ladder Dribble; Crossover; Retreat-Crossover	Triple Threat; Crabbing; Dribble-Knockout; Zig Zag Dribble	Beach Trip	Crossover Crunch; Push Out Combo; Zig Zag Combo			
2								
3								
1	9:45	Chest and Bounce Passes	Overhead Pass; Baseball Pass; Step around; Catch to Be a Threat; Four Corner Passing Drill	Miken Drill; Reverse Miken Competition; X Layups; Finishing Moves				
2								
3								

1	10:00		Layup footwork; No-ball layups; Lane Lay-ups; 2-line lay-ups;	PTL ASAP Form Shooting		Carolina Fastbreak Progressions 2 Player Layups 3 Man Weave 3 on 2 Two on One Carolina Primary Break
2						
3						
1	10:15		Full Court 2-line layups; Side-Center-Side Passing with Lay-ups	5 Minute MVP Ball Handling Workout; Combo Killer Workout (Trenches)		
2						
3						
1	10:30		3-Player Weave	Knock-Out		Shooting Competitions Star 3 Spot
2						
3						
1	10:45		2 on 1 Half Court Transition	3-Player Weave; 3 on 2 Two on One		
2						
3						
1	11:00		PTL ASAP Form Shooting	Down and Ready Passing Circles; Passing under Pressure (1x2, 2x1, 1x2/1x1)		Dribble Attack the Basket
2						
3						
1	11:15	Seven Drill Shooting; Rainbow Shooting	Finishing Moves: Lay-ups; Spin Moves; Up and Under; Jump Stop Jumper	Knock Out		
2						
3						

				Floater					
1	11:30		Foul Shot Routine; 5 Free Throw Net Contest	Free Throw 4th Quarter 50-50 Tie		Free Throw 4th Quarter 50-50 Tie			
2			+3 Swish roll back						
3			+2 Swish +1 Rim -1 Miss						
1	11:45		Huddles						
2									
3									
1	14:30	Team Building and Skill Testing	Full Court Stretch						
2		Player Evaluations	Defensive Stance Sliding	Boxing Out; Box Out Drills; 3x3 Rebounding Game	5-Player Weave; 3-on-2 2-on-One	3x3 Tournament			
3									
1	14:45		Hops; Zig Zags; Sliding to Layups	Close Out Technique; Win the Bounce; 4 Close Out Options	Defend the Seam 2x2				
2									
3									
1	15:00		3 on 2 Half-Court	Clip the Hip; Shake and Rake; Show and Go	1x4 Shell Drill				
2									
3									

1	15:15			Side Pick and Roll; Middle Pick and Roll;							
2		Going Through the Door Dribbling	Perfecting Pick and Roll; Perfecting Ball Screens; Backdoor Lay-ups Read the Screen	4x4 Shell Drill							
3											
1	15:30			Circle Perimeter; Attack/Defend Game							
2		1x1		Defend the Post							
3											
1	15:45										
2		Shark Attack	2x2	3x3							
3											
1	16:00	Water Break									
2											
3											
1	16:15										
2											
3		3X3 Competition	3x3 Competition	4x4	5x5 Team Practice						

1	16:30					5x5 Tournament				
2										
3										
1	16:45									
2										
3										
1	17:00							5x5 Competition	5x5 Competition	5x5
2										
3										
1	17:15	Huddles								
2										
3										
Classroom	18:30	Evening Program	USA Player- Development- Curriculum; Advanced and Performance Levels	M2M Progressions; 4x4 Shell Drill	Dribble Drive Offense	Mission Statements				
	18:45									
	19:00		3 Dimensional Coaching Overview: 2 nd Dimension	3 Dimensional Coaching: 3 rd Dimension	3 Dimensional Coaching: Capturing the Heart	3 Dimensional Coaching: Vision Statements				
	19:15									