

JUNE 11, 2016

8:00-9:00am Check In (Corbett)

9:30am Camp Introductions/Compliance Talk (Corbett)

9:45am Group Stretch (Corbett)

10:00am Offensive Skill Session (Corbett & Moore)

8 minutes/Station

Station 1-4 (Moore) & Station 5-6 (Corbett)

Baskets labeled with each station- campers divided up walk over with station leaders. Clock starts when everyone is ready in each gym.

Coach Bland will assist with getting campers at station 6 in Corbett to station 1 in Moore every 8 minutes.

Station 1- Footwork-

Station 2- Ball Handling

Station 3- Passing

Station 4- Perimeter Play

Station 5- Post Play

Station 6- Shooting- Coach Scott

11:00am 3-3 cut throat (Corbett)

11:45pm Lunch (Corbett)

12:30pm Full Court Drills (Corbett)

Coaching Staff, Lady Aggies Demonstrate

3 person passing, Defensive break down

12:50pm Queen of the Court (Corbett)

1:20pm WATER BREAK- Split Into Teams

1:25pm Games 1 & 2 (Corbett & Moore)

10-minute halves/running clock, 2-minute halftime

Ties = sudden death, start with jump ball- first team to score

Game 1:

Team 1 vs. Team 2 (Corbett), Team 3 vs. Team 4 (Moore)

Game 2:

Team 3 vs. Team 2 (Corbett), Team 4 vs. Team 1 (Moore)

2:15pm WATER BREAK

2:30pm Lady Aggie Talk/Autographs (Corbett)

3:00pm Group Stretch (Corbett)

3:20pm Defensive Skill Session (Corbett & Moore)

8 minutes/Station

Station 1-4 (Moore) & Station 5-6 (Corbett)

Baskets labeled with each station- campers divided up walk over with station leaders. Clock starts when everyone is ready in each gym.

Coach Bland- assist with getting campers at station 6 in Corbett to station 1 in Moore every 8 minutes.

Station 1- Lane Slides, CT Slides, NC Zig Zag-

Station 2- Roll Out/Closeout-

Station 3- Box Out Breakdown

Station 4- X Out/Box Out

Station 5- Deny the wing

Station 6- Penn State

4:15pm WATER BREAK- split into teams

4:20pm Game 3 (Corbett & Moore)

10-minute halves/running clock, 2-minute halftime

Clock stops during free throws

Ties = sudden death, start with jump ball- first team to score

Game 3:

Team 2 vs. Team 4 (Corbett), Team 3 vs. Team 1 (Moore)

5:15pm WATER BREAK- Bring all balls back to Corbett

5:25pm Championship game- will be the 2 teams who have won the most games (Corbett)

12 minute running clock halves/ 3-minute half time

Every 6 minutes sub

5:50pm Awards Ceremony & Camp Closing Remarks (Corbett)

6:20pm Camp Concludes