

Blue Star Basketball

Rising Blue Star Schedule



| TIME | DRILL | DESCRIPTION & EMPHASIS |
|-------|------------------------|--|
| 9:00 | Registration | Players Arrive and Check In, receive reversible jersey |
| 10:00 | Introduction | Introductions, Explain Rules, Schedule, Emphasis, etc... |
| 10:15 | Warm Up | Stretch and Light Leg Work to loosen up |
| 10:30 | Fingertip Drills | Partner work with strong emphasis on control, speed and power |
| 10:55 | BREAK | |
| 11:00 | Footwork Development | Emphasis on quickness, speed and movement |
| 11:15 | BREAK | |
| 11:20 | Ball Handling | Partner work with strong emphasis on control, speed and power |
| 11:45 | BREAK | |
| 11:50 | 1 on 1 | Competition amongst age levels for evaluation |
| 12:10 | BREAK | |
| 12:15 | Core Development | Abdominal and Core Strength is emphasized |
| 12:30 | LUNCH | |
| 1:00 | Recruitment Process | <i>Half hour lecture on college recruiting process</i> |
| 1:30 | Warm Up | Stretch and Light Leg Work to loosen up |
| 1:45 | Shooting Segment | 3 part breakdown with focus on stationary, off movement and off dribble shooting |
| 2:30 | BREAK | |
| 2:35 | 3 on 3 | Competition amongst age levels for evaluation |
| 3:00 | BREAK | |
| 3:05 | Lower Body Development | Legs and Defensive segment focusing on lower body strenght and conditioning |
| 3:20 | BREAK | |
| 3:25 | 5 on 5 | Game scenarios against Man to Man principles |
| 3:55 | BREAK | |
| 4:00 | Upper Body Development | Arms and Conditioning are featured with a focus on upper body strength |
| 4:15 | BREAK | |
| 4:20 | 5 on 5 | Game scenarios against Zone principles |
| 4:50 | Wrap Up | Conclusion to the Events of the day and Wrap Up |
| 5:00 | Dismissal | Exchange your reversible jersey for a Nike T-shirt |



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Blue Star Basketball Staff Contact

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