



# BLUE STAR ALL AMERICAN CAMP

## MONDAY, JULY 14, 2008



### DAY ONE / AFTERNOON SESSION/EVENING SESSION

2:00-4:00	Registration (Bartlett Comm. Center)
4:30-5:00	NCAA Educational Component
5:00-5:10	Opening talk, (College Coaches Registration Begins) --introduce staff
5:10-5:15	Break into groups (by position) -- groups of 8-10, saying for the session/stretching.
5:15-5:35	Teach chest pass, bounce pass, overhead pass, push & baseball pass (l-r). Talk on catching and catching on the move -- target hand; Teach step around with hook pass (4 groups of 8) (station work--4 min. each station)
5:35-6:00	Teach stationary, speed, crossover, behind the back, inside-out, pull back and, if time, hesitation dribble (4 groups of 8) (station work--4 min. each station)
6:00-7:00	Dinner Break
7:00-7:10	Announcements/saying for the session/stretching
7:10-7:35	V-cut with swim move, L-cut, split move, circle move--with sweep move--practice both sides--turn and face and triple threat position. (3 groups of 8) (station work--8 min. each station)  *Teach post offensive footwork; V-cut with swim, circle, duck-in, diagonal flash, split, fronted move, if time, roll move
7:35-7:55	Teach reverse pivot series: Teach reverse pivot series with layup from both sides and from top.  *Teach body positioning in the post (12 points to stress)
7:55-8:15	Teach shot fakes—circle, banana from the 3 pt. Line
8:15-8:25	Break





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### DAY ONE / EVENING SESSION

8:25-9:10     Game #1 (8-5min rotations)

9:10-9:15     Break

9:15-9:55     Game #2 (8-5min rotations)

9:55-10:00    Closing talk and warm down

10:05          Gym closes

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COMMENTS: \*POST PLAYERS ONLY





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## TUESDAY, JULY 15, 2008



### DAY TWO / MORNING SESSION

- 9:00-9:10 Announcements, saying for the session, stretching
- 9:10-9:25 Fast break drills 3 on 2 - use 3 courts
- 9:25-9:55 Teach power slides from an outside drive—from sides and top—finish whole with offensive footwork move, and sweep
- 9:55-10:10 Teach and practice inside drives and finish with baby hook
- 10:10-10:20 Break
- 10:20-10:40 Teach 1 on 1 fastbreak drill live—Stage 1
- \*Teach offensive moves and shots (Baby Hook, Jump Hook, Crossover, Sikma, Power Drop)
- 10:40-10:55 Teach 1 on 1 fast break drill live--Stage 2
- \*1 on 1 live in the post--allow the pass in--posts
- 10:55-11:15 3 on 3 half-court controlled scrimmages
- 11:15-12:00 Game #3 (8-5min rotations)
- 12:00-12:05 Closing talk and warm down
- 12:05-1:15 Lunch

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### DAY TWO / AFTERNOON SESSION

- 1:15-1:25 Announcements, saying for the session, stretching
- 1:25-1:40 Foot work and ball handling drills
- 1:40-2:10 Teach post entry passing series—perimeter
- \*Review offensive post moves and shots/live power triangle drill
- 2:10-2:55 Game #4 (8-5min rotations)
- 2:55-3:05 Break
- 3:05-3:50 Game #5 (8-5min rotations)
- 3:50-4:00 Closing talk and camp summary

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