



BLUE STAR ALL AMERICAN CAMP TUESDAY, JULY 15, 2009



2:00-3:00	Registration at Prairie Stone Complex
3:00-3:10	Opening talk, --introduce staff
3:10-3:20	Break into groups (by position) – 10 groups of 10-11, saying for the session/stretching.
3:30	COLLEGE”s CAN REGISTER FOR EVENT
3:20-3:40	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 (5 groups of 10) (station work--4 min. each station)(2 sets)
3:40-4:10	Teach stationary, speed, crossover, behind the back, inside-out, pull back and, if time, hesitation dribble (5 groups of 10) (station work--4 min. each station)(2 sets)
4:10-4:35	V-cut with swim move, L-cut, split move, circle move--with sweep move--practice both sides--turn and face and triple threat position. (8 groups of 10) (station work--6 min. each station)(use both sides) *Teach post offensive footwork; V-cut with swim, circle, duck-in, diagonal flash, split, fronted move, if time, roll move (2 baskets)
4:35-5:00	Teach reverse pivot series: Teach reverse pivot series with layup from both sides and from top. (8 groups of 10) (use both sides) *Teach body positioning in the post (12 points to stress)
5:00-5:20	Teach shot fakes—circle, banana from the 3 pt. Line (3 groups)
5:20-5:30	Close first sessions
5:30-6:30	Dinner Break





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DAY ONE / EVENING SESSION

- 6:30-6:40 Stretching and saying for the session, and announcements
- 6:40-6:55 Fastbreak drills—use 3 courts
- 6:55-7:30 Teach power slides from an outside drive—from side and top—finish
Whole with offensive footwork move (L cut) and sweep (6 groups)
- 7:30-7:45 Teach and practice inside drives and finish with baby hook or runner (6 groups)
- 7:45-7:55 Break
- 7:55-8:00 Divide into 4 on 4 teams (6 baskets) (3 groups at a basket)
- 8:00-8:25 4 on 4 half court controlled scrimmages (6 baskets) (3 groups at a basket)
- 8:25-8:30 Divide into 5 on 5 teams and warmup—3 courts
- 8:30-9:20 Game #1 (4-four minute rotations)
Team A vs. B (NCAA EDUCATION COMPONENT LED BY CHRIS M.)
Team B vs. C
Team A vs. C
- 9:20-9:30 Closing talk and warm down
- 9:30 Gym closes

COMMENTS: *POST PLAYERS ONLY





BLUE STAR ALL AMERICAN CAMP

WEDNESDAY, JULY 15, 2009



DAY TWO / MORNING SESSION

8:30-8:40 Announcements, saying for the session, stretching

8:40-8:55 Foot work and Ball handling drills (3 groups)

8:55-9:25 Teach 1 on 1 fastbreak drill live—Stage 1 (4 groups)

*Teach offensive moves and shots (Baby Hook, Jump Hook, Crossover, Sikma, Power Drop)

9:25-9:40 Teach 1 on 1 fast break drill live--Stage 2 (4 groups)

*1 on 1 live in the post--allow the pass in—posts

9:40-9:50 Break

9:50-10:40 Game #2 (4-four minute rotations)
Team A vs. B Mr. Flynn motivational talk
Team B vs. C
Team A vs. C

10:40-11:40 Game #3 (4-four minute rotations)
Team A vs. B Chris Menning collegiate talk
Team B vs. C
Team A vs. C

11:40-11:45 Closing talk and warm down

11:45-12:45 Lunch

COMMENTS: *POST PLAYERS ONLY





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WEDNESDAY, JULY 15, 2009



DAY TWO / AFTERNOON SESSION

12:45-12:55 Announcements, saying for the session, stretching

12:55-1:20 Teach post entry passing series—perimeter

*Review offensive post moves and shots/live power triangle drill

1:20-1:25 Divide into teams and warmup

1:25-2:12 Game #4 (4-four minute rotations)
Team A vs. B College Players Talk
Team B vs. C
Team A vs. C

2:12-3:00 Game #5 (4-four minute rotations)
Team A vs. B No Lecture
Team B vs. C
Team A vs. C

3:00-3:05 Closing talk and camp summary

COMMENTS: **POST PLAYERS ONLY

