



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



FRIDAY 2008

- 4:00 – 5:00 Camp Registration
- 5:00 CM - Staff introductions
- 5:20 Camp Stretch - Staff
- 5:35 Break up into groups – by height
- 5:50 Stations – Ball Handling, Shooting, Passing, Post Play, Defense, Break
- 6:50 1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
- 7:20 Break
- 7:30 Jamboree (30min run time) 1 v 2 3 v 4 5 v 6
- 8:00 Jamboree (30min run time) 1 v 3 2 v 6 5 v 4
- 8:30 Camp Ends for Night

SATURDAY 2008

- 9:00 Camp Attendance
- 9:10 Camp Stretch
- 9:20 Full Court Stations – Olympic Shooting & 11-Man Break
- 10:00 Game 1 - (30min run time) 1 v 2 3 v 4 5 v 6 (Man-Man Play)
- 10:30 Game 2 - (30min run time) 1 v 3 2 v 5 4 v 6 (2-3 Zone Play)
- 11:00 Game 3 - (30min run time) 1 v 4 2 v 6 3 v 5 (Post Touch Play)
- 11:30 Lunch Break
- 1:00 Attendance in Teams
- 1:15 College Recruiting – CM & Staff
- 2:00 Team Shooting Competition: Money Basket Game
- 2:30 Game 1 - (30min run time) 1 v 2 3 v 4 5 v 6
- 3:00 Game 2 - (30min run time) 1 v 3 2 v 5 4 v 6
- 3:30 CM Closes Camp / Lets Make a Deal - Camp Ends