



# BLUE STAR BASKETBALL RISING BLUE STAR CAMP



## SATURDAY 2008

- 9:00-10:00 Camp Registration
- 10:05 Staff introductions
- 10:10 Camp Stretch - Staff
- 10:25 Break up into groups – by height
- 10:30 Stations – Ball Handling, Shooting, Passing, Post Play, Defense, Rebounding
- 11:30 1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
- 11:55 Jamboree (30min run time) 1 v 4 2 v 3
- 12:30 Jamboree (30min run time) 1 v 3 2 v 4
- 1:00 Lunch Break
- 2:15 College Recruiting Lecture
- 3:00 Team Competitive Shooting – Money Basket
- 3:15 Full Court Stations – Olympic Shooting / 3v2 – 2v1 / 11-Man Break
- 4:00 Game 1 - (30min run time) 1 v 2 3 v 4 (Man-Man Play)
- 4:30 Game 2 - (30min run time) 1 v 3 2 v 4 (2-3 Zone Play)
- 5:00 Game 3 - (30min run time) 1 v 4 2 v 3 (Post Touch Play)
- 5:30 CM Closes Camp - Camp Ends