



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



SATURDAY 2008

- 12:00 – 1:00 Camp Registration – SNHU
1:05 EV - Staff introductions
1:10 Camp Stretch - Staff
1:25 Break up into groups – by height
1:30 Stations – Ball Handling, Shooting, Passing, Post Play, Defense, Rebounding
2:30 1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
3:00 Break
3:05 Team Competitive Shooting – Money Basket
3:25 Full court Station – Olympic Shooting
3:45 Jamboree (30min run time) 1 v 2 3 v 4
4:15 Jamboree (30min run time) 1 v 3 2 v 4
4:45 Break - Dinner Break
6:00 College Recruiting – CM
7:00 Game 1 - (30min run time) 1 v 2 3 v 4 (Man-Man Play)
7:30 Game 2 - (30min run time) 1 v 3 2 v 4 (Zone Play)
8:00 Camp Ends for Night

SUNDAY 2008

- 9:00 Camp Attendance
9:10 Camp Stretch
9:20 Full Court Stations – 11-Man Break & 3v2 – 2v1
10:00 Game 1 - (30min run time) 1 v 2 3 v 4 (Man-Man Play)
10:30 Game 2 - (30min run time) 1 v 3 2 v 4 (2-3 Zone Play)
11:00 Game 3 - (30min run time) 1 v 4 2 v 3 (Post Touch Play)
11:30 EV Closes Camp - Camp Ends