



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



SATURDAY 2009

- 12:00 – 1:00 Camp Registration –
- 1:05 CE - Staff introductions
- 1:10 Camp Stretch - Staff
- 1:25 Break up into groups – by height
- 1:30 Team Competitive Shooting – Money Basket
- 1:50 3 v 3 Breakdown
- 2:25 Full court Station – Olympic Shooting
- 2:40 Game 1 - (30min run time) (Man-Man Play)
- 3:10 Game 2 - (30min run time) (Zone Play)
- 3:40 Game 3 - (30min run time) (Post Touch Play)
- 4:15 College Recruiting – WW
- 5:15 Break - Dinner Break
- 6:45 Stations – Ball Handling, Shooting, Passing, Post Play, Defense, Rebounding
- 8:15 1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
- 8:45 Camp Ends for Night

SUNDAY 2009

- 9:30 Camp Attendance
- 9:40 Camp Stretch
- 9:50 Full Court Stations – 11-Man Break & 3v2 – 2v1
- 10:30 Game 1 - (30min run time) (Man-Man Play)
- 11:00 Game 2 - (30min run time) (2-3 Zone Play)
- 11:30 Game 3 - (30min run time) (Post Touch Play)
- 12:00 CE Closes Camp - Camp Ends