



# BLUE STAR BASKETBALL RISING BLUE STAR CAMP



## SATURDAY 2009

1:00 – 2:00	Camp Registration – Durham, NC
2:05	Staff introductions
2:10	Camp Stretch - Staff
2:25	Break up into groups – by height
2:30	Stations – Ball Handling, Shooting, Passing, Post Play, Defense, 1v1 Jab Series
3:45	1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
4:00	Break
4:05	3 v 3 play – break down group (no more than 4 on team) – rotate winners to play every 10 min.
4:45	Jamboree (30min run time)      1 v 2      3 v 4
5:15	Jamboree (30min run time)      1 v 3      2 v 4
5:45	Break - Staff Balance Team
6:00	Team Competitive Shooting – Money Basket
6:20	Game 1 - (30min run time)      1 v 2                      3 v 4
6:50	Game 2 - (30min run time)      1 v 3                      2 v 4
7:30	Camp Ends for Night

## SUNDAY 2009

12:00	Camp Attendance
12:10	Camp Stretch
12:20	Full Court Stations – 11-Man Break & 3v2 – 2v1
1:00	Game 1 - (30min run time)      1 v 2                      3 v 4      (Man-Man Play)
1:30	Game 2 - (30min run time)      1 v 3                      2 v 4      (2-3 Zone Play)
2:00	Game 3 - (30min run time)      1 v 4                      2 v 3      (Post Touch Play)
2:40	College Recruiting Lecture
3:00	Game 1 - (30min run time)      1 v 3      2 v 4      (Man-Man Play)
3:30	Game 2 - (30min run time)      1 v 2      3 v 4      (Zone Play)
4:00	Close Camp - Camp Ends