



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



SATURDAY 2009

12:00 – 1:00	Camp Registration – Middle Tennessee Christian School
1:05	TI - 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
3:00	1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
3:20	Team Competitive Shooting – Money Basket
3:35	3 v 3 Breakdown
4:00	Jamboree (30 min run time) 1 v 3 2 v 4 5 v 6
4:30	Jamboree (30min run time) 6 v 3 2 v 4 5 v 1
5:15	Break - Dinner Break
6:45	College Recruiting – CM
7:45	Game 1 - (30min run time) (Man-Man Play)
8:15	Game 2 - (30min run time) (Zone Play)
8:45	Camp Ends for Night

SUNDAY 2009

11:00	Camp Attendance
11:10	Camp Stretch
11:20	Full Court Stations – 11-Man Break & 3v2 – 2v1
12:00	Game 1 - (30min run time) (Man-Man Play)
12:45	Game 2 - (30min run time) (2-3 Zone Play)
1:15	Game 3 - (30min run time) (Post Touch Play)
2:00	TI Closes Camp - Camp Ends