



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



SATURDAY 2011

12:00 – 1:00	Camp Registration
1:05	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, Break
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	3 v 3 play – break down group (no more than 4 on team) – rotate winners to play every 10 min.
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 - Staff Balance Team
5:45	Team Competitive Shooting – Money Basket
6:00	Game 1 - (30min run time) 1 v 2 3 v 4
6:30	Game 2 - (30min run time) 1 v 3 2 v 4
7:00	Camp Ends for Night

SUNDAY 2011

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	Lunch Break
1:00	Attendance in Teams
1:15	College Recruiting Lecture
2:00	Game 1 - (30min run time) 1 v 3 2 v 4 (Man-Man Play)
2:30	Game 2 - (30min run time) 1 v 2 3 v 4 (Zone Play)
3:00	Close Camp - Camp Ends