



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



SATURDAY 2014

8:30 – 9:15	Camp Registration
9:30	Staff introductions
9:40	Camp Stretch – Staff (15 min)
9:55	Break up into groups – by height
10:00	Stations (10min ea.) – Ball Handling, Shooting, Passing, Post Play, Defense, Open on Wings
11:10	1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
12:40	3 v 3 play – break down group (no more than 4 on team) – rotate winners to play every 10 min.
12:10	Jamboree (30min run time – Sub 5min) 1 v 2 3 v 4
12:40	Break – Balance Teams
12:45	Transition Breakdown Drills – 11 man break & 3 v 2 / 2 v 1
1:15	Game 1 - (30min run time) 1 v 3 2 v 4 (Man-Man Play)
1:45	Game 2 - (30min run time) 1 v 4 2 v 3 (2-3 Zone Play)
2:15	Game 3 - (30min run time) 1 v 2 3 v 4 (Post Touch Play)
2:45	Coach Frazier-Dixon – College Recruiting
3:00	Camp Ends

Location: Fowler Middle School – 3801 McDermott Rd, Plano, TX 75025
Camp Director/Evaluator: Leah Frazier-Dixon