



# BLUE STAR BASKETBALL RISING BLUE STAR CAMP



## SUNDAY 2015

10:00 – 10:45	Camp Registration
11:00	Staff introductions
11:10	Camp Stretch – Staff (15 min)
11:25	Break up into groups – by height
11:30	Stations (10min ea.) – Ball Handling, Shooting, Passing, Post Play, Defense, Open on Wings
12:40	1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
1:00	3 v 3 play – break down group (no more than 4 on team) – rotate winners to play every 10 min.
1:40	Break
2:00	Jamboree (30min run time – Sub 5min)                      1 v 2    3 v 4
2:30	Break – Balance Teams
2:40	Transition Breakdown Drills – 11 man break & 3 v 2 / 2 v 1
3:10	Game 1 - (30min run time)    1 v 3                      2 v 4    (Man-Man Play)
3:40	Game 2 - (30min run time)    1 v 4                      2 v 3    (2-3 Zone Play)
4:15	Game 3 - (30min run time)    1 v 2                      3 v 4    (Post Touch Play)
4:50	Coach Mennig – College Recruiting
5:30	Camp Ends

Location: Raleigh Teen Center – 721 North Raleigh Blvd, Raleigh, NC  
Camp Director/Evaluator: Chris Mennig



For over 30 years Blue Star has been one of the most influential organizations in selecting and advising such publications rankings and listings as found in The Sporting News, USA Today, Naismith Trophy & All-America Committees, Gatorade Circle of Champions, and McDonalds All American Team (6 committee members) just to name a few. These rankings and evaluations are part of our national Blue Star Report available to media & colleges across the country – which is the longest running girls' basketball service in the country.