



BLUE STAR BASKETBALL ELITE SKILLS CAMP



SATURDAY 2016

- 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 – Dinner (Players/Families are on their own for meal) - Staff Balance Team
6:00 Team Competitive Shooting – Money Basket
6:15 Game 1 - (30min run time) 1 v 2 3 v 4
6:45 Game 2 - (30min run time) 1 v 3 2 v 4
7:15 Camp Ends for Night

SUNDAY 2016

- 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