



## **THE COACH TIM FUNDAMENTAL BASKETBALL CAMP**

### Weekly Schedule of Events

(Events Subject to Change based on Coaches Decision)

	<u>Tuesday</u>	<u>Thursday</u>
DATES		
7:00 a.m.	Drop off and check in	Drop off and check in
7:30 a.m.	Morning talk and camp expectations	Morning talk and camp expectations
7:45 a.m.	warm-up and stretching	warm-up and stretching
8:00 a.m.	Offensive development with the ball(shooting) Shooting development and form for game situations	Offensive development with the ball(shooting) Shooting development and form for game situations
9:30 a.m.	Spark Conditioning plyometrics Footwork coordination Eye hand coordination Speed drills	Spark Conditioning plyometrics Footwork coordination Eye hand coordination Speed drills
10:30 a.m.	Morning break Snack	Morning break Snack
10:45 a.m.	Offensive development with and without the ball(Picks, cuts, movement)	Offensive development with and without the ball(Picks, cuts, movement)
11:45 p.m.	Offensive development with the ball(dribbling, passing)	Offensive development with the ball(dribbling, passing)
1:00 p.m.	LUNCH BREAK	LUNCH BREAK
1:30pm	Games (Full Court, Half Court)	Games (Full Court, Half Court)
2:15pm	Daily Challenge (Group Activity, Team Building)	Daily Challenge (Group Activity, Team Building)
2:30 p.m.	Afternoon break	Afternoon break
2:45 p.m.	Swimming	Swimming
4:15 p.m.	Showers and dress for home	Showers and dress for home
4:30 p.m.	End of day snack and regroup and check out	End of day snack and regroup and check out
	GO HOME	GO HOME

Parents are welcome to be in the gym at anytime all day.

Please do not interfere with the camp instructions.

Please act accordingly during the camps events.