

Camp	Total Skills Camp - Boys	
Day #:	5	
Day:	THURSDAY	Dates: July 28, 2011



Time	Remaining	Duration	Drill Name	Comments
7.15 a	0.00	15.00	Overnighters - WAKE UP	
7.30 a	0.00	35.00	O.N. - Breakfast, Coaches Mtg.	
8.05 a	0.00	10.00	O.N.- Board Bus	
8.15 a	0.00	15.00	Campers arrive	
8.30 a	570.00	10.00	Warm-up	
8.40 a	560.00	10.00	Intro	
8.50 a	550.00	10.00	Ball-handling Skills Test	
9.00 a	540.00	10.00	Waves	
9.10 a	530.00	5.00	Teams, BREAK	
9.15 a	525.00	15.00	Ball-handling Stations	
9.30 a	510.00	5.00	Teams, BREAK	
9.35 a	505.00	30.00	DEF - OFF - VIDEO	Practices led by head coach
10.05 a	475.00	30.00	DEF - OFF - VIDEO	Practices led by head coach
10.35 a	445.00	30.00	DEF - OFF - VIDEO	Practices led by head coach
11.05 a	415.00	85.00	Station Games (Rd.1)	3s+4s, 5s, Def. Poss (10x)
12.30 p	330.00	5.00	Dismiss for Lunch	
12.35 p	325.00	45.00	LUNCH	
1.20 p	280.00	5.00	Return to gym	
1.25 p	275.00	10.00	Team Meeting, Warm-up	
1.35 p	265.00	35.00	Complete Station Games	3s+4s, 5s, Def. Poss (10x)
2.10 p	230.00	10.00	Break, Announce Tourney Sched.	
2.20 p	220.00	45.00	Semi-finals (NCAA)	
3.05 p	175.00	45.00	Semi-finals (NBA)	
3.50 p	130.00	45.00	NCAA CHAMPIONSHIP	
4.35 p	85.00	45.00	NBA CHAMPIONSHIP	
5.20 p	40.00	10.00	Team meetings	
5.30 p	30.00	30.00	Camp Demo, Awards Ceremony	
6.00 p	0.00	0.00	Dismissal	