Tuesday, June 23

9:00am **Roll Call / Organize Groups / Welcome**

9:15am **Split into gyms---Stretch/Ball Handling/Warm-up**

9:30am **Skills Drills/Stations**

- Passing/Footwork/ball handling
- Rebounding
- Shooting
- Defending

10:30am **Split into Teams---Team Practice**

10:45am **Games---**

12:00pm **Lunch /NCAA 12-12:30/NBA 12:30-1/ Free Shoot**

1:00pm **Lecture------Tom Penders**

Break to Courts

- NCAA -
- NBA -

1:45pm **Offensive Drills - Individual Instruction/ More shooting**

2:00pm **Contest - Free Throws**

2:30pm **Defensive Drills - Off Ball Defense – Help Side/Help recover**

2:45pm **Get into Teams---Practice**

3:00pm **GAMES**

4:40pm **Roll Call in Athletic/Alumni---Daily Awards---Camp Store**

Campers of the day/Contest Awards

5:00pm **Dismissal - Coaches Meeting**