



## Rep and Elite Summer Camp Daily Itinerary

**9:00am** - Warm up – Dynamic + Games approach + 6 dribbles, Horse Shoe (30 Minutes)

**9:30am** – Stations (2 Hours)

STATIONS: 20 Minutes Each				
<b>Shooting</b>	Form –Hi Five	Hoop	Pivot	Slide step Hop catch
<b>Lay-ups</b>	O/I/Up	KOB	L Back Reg/Reverse/Spin	Chase
<b>1 on 1</b>	Blast to wing	Touch coach	Stack KOB +	Help 2 on 2
<b>Post Play</b>	Catch and Seal	Pivot , shoot	Live Defense, show opposite and shoot	Face Up-Back Pivot/Up and Under
<b>Footwork /Pivoting</b>	Front/Back	Hi Post vs Zone	Spin Pivot	Rip Base line/Blast

**11:30am** - Camp Competitions (30 Minutes)

**12:00pm** - Lunch (1 Hour)

**1:00pm** - Different Concepts Taught Daily: (30 Minutes)

**Transition Play-** Advantage /Dis-Advantage , 5 on 4, 4 on 3 Continuous, Plus a chaser, 4 on 4

**Conversion Concept-** Ball, Rim, Dig, Base, Dot

**Offensive Concepts** - Opposite, Nash/Gretzky, back cut/face cut, push/pull, spacing

**Camp Offense-** Swing + Flex+Picks

**Pressure Defense**

**1:30pm** - Tournament Games (2 Hours)