

BASKETBALL
AGE 11 - 14

Time	Day 1	Day 2	Day 3	Day 4	Day 5
08:40 - 09:00	Arrival/Registration				
09:00 - 09:50	Team-Building Game	Ball Handling & Passing Skills	Layup technique & footwork	Ball Handling & Passing Skills	Basketball footwork
09:50 - 10:05	Break				
10:05 - 10:55	Shooting Technique & Practice	Full Court Team Drills	3 on 3 games	Shooting Technique & Practice	Full Court Team Drills
10:55 - 11:10	Break				
11:10 - 12:00	Games / Shooting Competitions	Games / Shooting Competitions	Games / Shooting Competitions	Games / Shooting Competitions	Games / Shooting Competitions