



Sample Daily Schedule

Below you will find a sample schedule of a typical day at the LuHi Boys Basketball School.

Each day includes top notch instruction in core fundamentals, individual improvement, and team concepts, as well as two league games.

9 to 9:20am	Buses Arrive on Campus
9:30am	Daily Announcements
9:35am	Break to Courts
9:40am	Attendance, Stretching, Daily Warmup Drills -Form Shooting & 6 Dribble Drills Each day this time is dedicated to work on developing two core fundamental skills; shooting & ball handling.
10:15am	AM Stations & Skill Work - Team Concepts Concepts taught include moving off the ball, transition offense, attacking the zone, defending the screen, and much much more.
11:05am	League Games Players are broken into teams by age and ability
12:10pm	Break For Lunch Campers have an option to go swimming at this time.
1:15pm	Players Report Back to their Courts
1:20pm	Attendance & Stretch
1:25pm	PM Stations - Individual Improvement Stations include shooting, ball handling, one on one moves, post moves, basketball specific conditioning, and much more.
2:05pm	League Games
3:05pm	PM Announcements & Player of the Day
3:10pm	Pool, Gym & Canteen are Open
3:45pm	Dismissal to Busses
4:10pm	Buses Pull off Campus

