

Rising Stars

9:30/ Attendance, and Stretch

9:45/ Skill of Day: Transition/ Introduce transition offense, fast breaks, filling lanes, and where to be on court.

10/ Break into teams and work on transition drills with coaches and counselors

10:30/ Introduce Speedball: Speedball will show all players how to successfully move the ball up the court, to run, and fill lanes.

10:45/ Speedball Tournament Broken into teams with Champion

11:10/ Kids line back up with teams and give morning Games

11:20/ Games

12:10/ Lunch

1:15/ Afternoon Skill/ Introduce 1 o 1 Moves: Jab Step, Shot fake, Rip Threw, Step Back and Rocker Step

1:30/ Break up with coaches and work on 1 on 1 moves

1:50/ 1 On 1 Tournament by Grade

2:20/ Water Break

2:30/ Afternoon Games

3:10/ Go over day

3:20/ Dismiss