FULL CAMP SCHEDULE

ON & OFF THE COURT SPORTS ACADEMY

Daily Rotation + Three-Day Camps

Thanksgiving Camp | Winter Camp 1 | Winter Camp 2

AGES 8-13 **GROUPS: 8-10 & 11-13** **9 AM - 4 PM**

On court + in the classroom: Age groups alternate spaces within each quarter. Classroom time supports film study, concept breakdowns, team activities and social time; Q4 prioritizes live play.

Q1 Strength & Movement — 9-10:30 AM

Court: Strength, coordination, mobility, agility and core work.
Classroom: Movement breakdowns, goal-setting and team check-in.

Q2 Skill Development — 10:30 AM-12 PM

Court: Ball handling, shooting, footwork, finishing and individual skills.
Classroom: Film study, skill breakdowns and basketball IQ.

12-1 PM | LUNCH, REST & SOCIAL TIME

Q3 Team Concepts & Drills — 1-2:30 PM

Court: Defense, passing, cutting, rebounding and team-led drills.
Classroom: Film breakdown, team concepts, activities and game preparation.

Q4 Live Play & Scrimmages — 2:30-4 PM

Court: Apply skills and team concepts through live play and scrimmages.
Classroom: Brief team reflection and social time around court rotations.

THREE-DAY CAMP PROGRESSION

Day 1 - Build: Follow Q1-Q4 to establish movement, individual skills and teamwork.
Day 2 - Develop: Repeat Q1-Q4 with progressive drills and game situations.
Day 3 - Compete: Q1 strength and conditioning; Q2-Q4 live play and scrimmages. Include brief classroom film, team preparation and social breaks between games.

Timing is a sample planning template. Water and rest breaks fit within each quarter. The three-day finale uses the competition format above.

FULL CAMP SCHEDULE

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Five-Day Camp Week

Spring Break Camp | Summer Camp - 9 Weeks

AGES 8-13 **GROUPS: 8-10 & 11-13** **9 AM - 4 PM**

Summer follows this same weekly template across all 9 weeks. Monday-Wednesday build core skills; Thursday emphasizes competition; Friday combines team fun with live scrimmage play. Use the court/classroom rotations on page 1, with brief film, team and social breaks between games on Thursday and Friday.

MONDAY — Core Development | Foundation

- **Q1** Strength, coordination, mobility, agility and core fundamentals.
- **Q2** Ball handling, shooting form, footwork and finishing.
- **Q3** Team concepts: passing, cutting, defensive positioning and rebounding.
- **Q4** Live play and scrimmages to apply the day's fundamentals.

TUESDAY — Core Development | Progression

- **Q1** Build movement control, balance, agility and core strength.
- **Q2** Progress ball handling, shooting and finishing under pressure.
- **Q3** Team drills: defensive help, passing decisions, cuts and rebounding.
- **Q4** Live play and scrimmages with an emphasis on decision-making.

WEDNESDAY — Core Development | Team Application

- **Q1** Combine strength, coordination, mobility, agility and core work.
- **Q2** Connect individual skills through game-speed combinations.
- **Q3** Team-led concepts and drills: offense, defense and communication.
- **Q4** Live play and scrimmages to connect individual and team skills.

THURSDAY — Compete Day

- **Q1** Movement preparation, brief team game plan and live-play warm-up.
- **Q2** Live play and scrimmages with individual skill application.
- **Q3** Live play and scrimmages with team offense and defense.
- **Q4** Extended scrimmage play, followed by a brief team reflection.

FRIDAY — Fun Friday

- **Q1** Fun movement challenges and team-building activities.
- **Q2** Team skill games and friendly basketball challenges.
- **Q3** Team activities and live scrimmage play.
- **Q4** Live scrimmages, team reflection and social time.