

INNER CIRCLE SPORTS: *“Champions of the Court Basketball Camp”*

****Parents/Guardians are always welcome to stay and watch our camps****

DAILY CAMP AGENDA

Monday

Monday is the introduction to an ICS Basketball Camp and is a lot of hard work. New campers will learn the building block drills for ball handling. Returning campers will reinforce these skills with additional practice drills from all levels including beginner, intermediate and/or advanced, depending on their skill level as well as how many ICS camps they have been to. Each drill and level is designed to prepare the students for the next level. Campers will do 20,000 to 30,000 repetitions during the course of the week with most of their reps done in the first two days. Each day progresses in skill and fun and with this method we can keep the kids engaged, motivated and working hard.

8:30 am	Sign-In & Meet the coaches: Arrive early on the first day of camp
9:00 am	Introductions/Talk time (making sure the campers understand why they are about to spend the next 8 hours working their tails off).
9:15 am	Stretching exercises, warm up.
9:25 am	Triple Threats & Quick Stances
10:35 am	Snack Break
10:45 am	Ball Handling Building Blocks (Stationary drills)
11:40am	2 ball dribbling
12:00 noon	Supervised Lunch Break
12:15 pm	Personal training sessions (extra cost)
1:00 pm	Coaches Class (coaches talking basketball and what it takes to succeed).
1:30 pm	Pistol Pete drills and contest
2:00 pm	Shooting Mechanics
2:15 pm	Water break
2:30 pm	5-Line Shooting (Competitions).
2:45 pm	2-Line Shooting & Pick & Roll Series
3:15 pm	Snack Break
3:30 pm	Dribble K.O.
3:45 pm	3 on 3
4:20 pm	Water Break
4:25 pm	Morning Lines to Building Blocks
4:45 pm	Exit Speech and Stretch.
5:00 pm	Release to Parents

Tuesday

On Tuesday, we introduce "Work Day". We work on developing the mind/mentality towards the game so that the kids understand how to approach practices, games and personal development. We also introduce our "Stations" drill. This is a camp favorite and great way to work at their skill development. We set up various stations around the gym; each station being a different drill or move. Every 5 minutes, the campers rotate to a new station. The moves will be determined by the camper's skill level. The campers will also be allowed to get a shot off at the end of the move. This way each camper will get a lot of shots off by the end of camp. Throughout the station drills campers are consistently receiving instructions from every coach on staff. It's very interactive and a crucial component to skill development.

9:00 am	Stretching exercises.
9:10 am	Building Blocks-Stationary drilling to reinforce basics from Monday.
9:45 am	Baseline Line Drills (Quick stance, quick step, step & passing into full court Blding blocks on the move)
10:25 am	Snack break.
10:35 am	2-Ball Dribbling.
10:55 am	Dribble KO & Shooting KO
11:20 pm	Chair Drills (attacking the basket)
12:00 noon	Supervised Lunch Break
12:15 pm	Personal training sessions (extra cost)
1:00 pm	Coaches Class (coaches talking basketball and what it takes to succeed)
1:30 pm	Pistol Pete drills and games
2:00 pm	Shooting Mechanics
2:10 pm	2-Line shooting & Pick Series
2:20 pm	"Stations" drill (Obstacle course)
3:00 pm	Water Break
3:35 pm	UCLA/3 on 3
4:15 pm	Shooting KO (only 1 or 2 games)
4:25 pm	Morning Lines to Building Blocks
4:45 pm	Exit Speech and Stretch
5:00 pm	Release to Parents

Wednesday

By the end of the first two days of our camp the kids have already put in more work than they would in a whole week at any other camp. By Wednesday morning, they show up sore and tired. That is great because now it's time to learn how to play defense! Playing D even when your body is a bit worn out. We implement our approach to defense and though it is tiring it's one of our most rewarding days by the end of it. We also throw in some fun activities to help them remember why the hard work is well worth it.

The ICS Staff introduces 2 fun activities:

- “5-on-5”: The 5-on-5 station, during the 5 minute “Stations” work, is simply an informal (or “scrimmage”) basketball game. Granted there is very little learning going on at this station but the kids are having some well-earned fun. The kids will work very hard at the other stations knowing that this fun station is coming up.
- The “UCLA drill”, designed by coaching legend John Wooden, is a practice exercise that combines learning and fun. We don't want to give away the secret, so we won't tell you more about it here. Rest assured, the kids have fun with this one.

9:00 am	Stretching exercises
9:10 am	Building Blocks-Stationary drilling to reinforce basics from Tuesday.
9:45 am	Baseline Line Drills (Quick stance, quick step, step & passing into full court Building blocks on the move)
10:25 am	Snack break
10:35 am	2-Ball Dribbling
10:55 am	Dribble KO & Shooting KO
11:20 pm	Chair Drills (attacking the basket)
12:00 noon	Supervised Lunch Break
12:15 pm	Personal training sessions (extra cost)
1:00 pm	Coaches Class (coaches talking basketball and what it takes to succeed)
1:30 pm	Pistol Pete drills and games
2:00 pm	Defense Mechanics (D-drill with whistle)
2:15 pm	Defensive Zig-Zag drill (defensive slides)
2:45 pm	Box out Drill
2:55 pm	Snack break
3:10 pm	“Stations” drill (Defensive obstacle course)—Lane slides; foot fire rotation; 2-man deny drill; defensive stance hold; etc.
3:40 pm	UCLA
4:15 pm	Water break
4:25 pm	Morning Lines to Building Blocks
4:45 pm	Exit Speech and Stretch
5:00 pm	Release to Parents

Thursday

We call Thursdays “Touch-up Thursdays”. This is the day to practice perfect habits to continue the streak of repetition that by now is becoming muscle memory. Both offense and defense have been implemented and each child will have a solid foundation in both by this point. We stem from defense into rebounding and some basic pointers of how to play down low at the post/center position and proper lay-ups. This is a great day for position-players to learn all positions.

9:00 am	Stretching exercises
9:10 am	Building Blocks-Stationary drilling to reinforce basics from Tuesday
9:45 am	Baseline Line Drills (Quick stance, quick step, step & passing into full court Building blocks on the move)
10:25 am	Snack break
10:40 am	Dribble KO/3 on 3
11:00 am	Station work (Offense)
11:40 pm	2-ball dribbling
12:00 noon	Supervised Lunch Break
12:15 pm	Personal training sessions (extra cost)
1:00 pm	Coaches Class (coaches talking basketball and what it takes to succeed).
1:30 pm	Pistol Pete drills and games
2:00 pm	Shell Drill
2:15 pm	Rebounding (Monster Rebounding; No fade-aways) Opposite Glass Rebounding (attack ball; Drop into “Power Position”— chin/elbows)
2:45 pm	Mikan step & finish both sides (reverse)
3:05 pm	Snack break
3:20 pm	UCLA drill/3on3
4:20 pm	Water
4:25 pm	Exit Speech and Stretch
5:00 pm	Release to parents

Friday

Fridays are half fun and half work. We do a little thing we like to call "Funky Friday". We ask the kids to show up in the funkiest, funniest, and wackiest clothes or costumes they can think of. We all have a lot of fun with it. Then everyone changes back into his or her basketball gear and we go to work. The kids have earned a day of fun and games and that's just what we give them. We have learned that you have to give them some fun mixed in with all the hard work to keep them motivated. The kids look forward to Funky Fridays and it becomes a great motivational tool.

9:00 am	Free time. Shoot scrimmage. Have fun.
9:30 am	Funky Friday Talent Show!!
10:30 am	Snack break
10:45 am	Shooting contest
12:00 noon	Supervised Lunch and free time (the kids will usually scrimmage)
1:00 pm	Speaker and rest time
1:30 pm	Station work
2:30 pm	Water break
2:40 pm	More shooting contest
3:30 pm	Snack break
3:45 pm	UCLA drill/3on3
4:35 pm	Exit Speech and Stretch
4:50 pm	Release to parents: Pictures, Sign Autographs, say Good-Bye till next time!