

LADY BULLDOG BASKETBALL BOARDING CAMP SCHEDULE

MONDAY

8:00-10:00	Registration – Move into dorms (Arrive anytime during this 2 hours)
10:15	CLINIC #1 – Teach Triple Threat
10:30	Introduce Coaches
10:45	Draft Evaluations
12:00	Lunch & Draft w Coaches (Pizza in lobby)
12:45	CLINIC #2 – Starts, Stops, & Turns
1:10	CLINIC #3 – Power Layups
1:30	CLINIC #4 – Moving without the Ball
1:50	CLINIC #5 – Teach Cut Throat
2:25	Team Practice – Motion Offense & OB play
2:45	GAMES (6 Teams)
3:45	GAMES (6 Teams)
4:45	CLINIC #6 – Shooting Progression
5:45	Dinner (All meals remainder of camp all-you-can-eat in the cafeteria)
6:30	2 Ball Stationary Dribbling at Baskets
7:00	GAMES (6 Teams)
8:00	GAMES (6 Teams)
9:00	CLINIC #7 – Team Shooting Games
9:30	Commuters go home / Boarders Label T-Shirts with Dorm #
10:30	Lights Out

TUESDAY

6:45	Wake-Up!
7:15	Breakfast
8:00	Word of the Day / Verse of the Day
8:10	Stretching / Form Running
8:30	CLINIC #8 – Starts, Stops, & Turns (Closeouts into Live Ball Move)
8:50	CLINIC #9 – Teach Gotcha
9:15	Dribble Tag
9:35	CLINIC #10 – Setting & Receiving Screens
10:05	Layup Contest
10:20	Alternating Breaks and Gotcha Championship
10:45	Cut Throat with Screens
11:15	Lunch
12:00	Individual Work in Gym OR Rest in Dorms
1:15	CLINIC #11 – Stationary Ball Handling
1:45	CLINIC #12 – Passing & Receiving
2:25	Team Practice – Half-Court Set & Review OB vs Dummy Defense
2:45	GAMES (6 Teams)
3:45	GAMES (6 Teams)
4:45	CLINIC #13 – Team Defense
5:45	Dinner
6:30	Ball Handling Contests
7:00	GAMES (6 Teams)
8:00	GAMES (6 Teams)
9:00	CLINIC #14 – High Jump Lay-ups
9:30	Commuters go home / Boarders to the Dorms
10:30	Lights Out

WEDNESDAY

6:45	Wake-Up!
7:00	Breakfast
8:00	Word of the Day / Verse of the Day
8:10	Stretching / Form Running
8:30	GAMES (6 Teams)
9:30	GAMES (6 Teams)
10:30	1-on-1 Cut Throat
10:50	Team Cut Throat
11:20	Lunch
12:00	Individual Work in Gym OR Rest in Dorms
1:15	CLINIC #15 – Live Ball Dribble Moves & 2 Ball Dribbling
1:50	CLINIC #16 – Practice Habits
2:45	GAMES (6 Teams)
3:45	GAMES (6 Teams)
4:45	Dinner
5:30	Devotional
5:45	Movie Night
8:00	THE BIG GAME
9:10	Q & A with Bulldog Players
9:30	Commuters go home / Boarders to the Dorms
10:30	Lights Out

THURSDAY

6:30	Wake-Up!
7:00	Breakfast
8:00	Word of the Day / Verse of the Day
8:10	Stretching / Form Running
8:20	CLINIC #18 – Starts, Stops, & Turns
8:30	CLINIC #19 – Free Throws
9:00	GAMES (6 Teams) Coaches Give Evaluations During Break
10:00	GAMES (6 Teams) Coaches Give Evaluations During Break
11:00	Free Throw Contest
11:15	CLINIC #20 – Review Layups / Teach Reverse Layups
11:35	Cut Throat with Screens
11:50	Closing at Gym
12:00	Parents take Campers to Dorms and Move Out