

# LADY BULLDOG BASKETBALL CAMP

## DAY FUNDAMENTAL SESSION

### MONDAY

8:15	Registration
9:00	Teach Triple Threat – Long Whistle
9:15	Orientation – Word of the Day - Meet staff – Make Teams (Roster cards)
10:00	Stretching
10:15	CLINIC #1 – Starts, Stops, & Turns (Direct Drive, Jump Stop, Front Turn)
10:25	CLINIC #2 – Team Fundamentals (2 Ball Drib, 2 Ball Passing, Tennis, Back to Passer, Bad)
10:40	CLINIC #3 – GOTCHA
10:45	Alternating Break (Half on break/Half playing Gotcha w/ team)
11:10	CLINIC #4 – Strong Hand Lay-ups (Power)
11:25	Teach Cut Throat
11:55	Closing
12:00	Lunch

# LADY BULLDOG BASKETBALL CAMP

## DAY SHOOTING SESSION

### MONDAY

12:30	Registration
1:00	Teach Triple Threat – Long Whistle
1:15	Orientation – Word of the Day - Meet staff – Make Teams (Roster cards)
1:30	Stretching
1:45	CLINIC #1 – Starts, Stops, & Turns
2:00	CLINIC #2 – Mental Aspects of Shooting (How! Straight, Follow Thru, 60 degrees, 6 inches in front)
2:20	CLINIC #3 – Introduce Team Competitive (First to 7)
2:30	Alternating Break
3:00	CLINIC #4 – Shooting Progression (Perfect Shots)
3:45	Gotcha
3:55	Closing
4:00	Camp Ends

# LADY BULLDOG BASKETBALL CAMP

## DAY FUNDAMENTAL SESSION

### TUESDAY

9:00	Word of the Day & Bible Verse
9:15	Stretching/Form Running
9:30	CLINIC #5 - Starts, Stops, & Turns (Cross-over & Rear Turn) 3 Lines
9:40	CLINIC #6 – Team Fundamentals
9:55	CLINIC #7 – Shooting Progression (teach and Review)
10:13	CLINIC #8– Dribble Tag
10:30	Alternating Break (Weakhand Layups)
11:00	CLINIC #9– Moving without the ball (catching in triple threat)
11:00	CLINIC #10– Setting and Using Screens
11:30	Cut Throat
11:55	Closing
12:00	Lunch

# LADY BULLDOG BASKETBALL CAMP

## DAY SHOOTING SESSION

### TUESDAY

1:00	Word of the Day & Bible Verse
1:15	Stretching/Form Running
1:30	CLINIC #5 – Starts, Stops, & Turns
1:42	Shooting Progression
2:00	Team Competitive
2:15	CLINIC #6 – High Jump Lay-up (right and left)
2:30	Alternating Breaks (Lay ups and Gotcha)
3:00	CLINIC #7 – Shooting off the pass & spinning passes
3:25	Cut Throat
3:55	Closing
4:00	Camp Ends

# LADY BULLDOG BASKETBALL CAMP

## DAY FUNDAMENTAL SESSION

### WEDNESDAY

9:00	Word of the Day & Bible Verse
9:15	Stretching/Form Running
9:30	CLINIC #11 – Starts, Stops, & Turns (Add passes)
9:42	CLINIC #12 – Team Fundamentals
9:57	Dribble Tag
10:10	CLINIC #13 – Team Defense/ Shell Drill
10:30	Alternate Breaks
11:00	Clinic #14 – Live Ball Moves
11:25	Cut Throat (Must start with down screens)
11:55	Closing
12:00	Lunch

# LADY BULLDOG BASKETBALL CAMP

## DAY SHOOTING SESSION

### WEDNESDAY

1:00	Word of the Day & Bible Verse
1:15	Stretching/Form Running
1:30	CLINIC #8 – Shooting Progression
1:48	CLINIC #9 – Shooting off the Dribble...spinning passes
2:10	Team Competitive
2:25	Alternating Breaks (Gotcha Championship)
2:55	Championship
3:10	CLINIC #10 – Practice Habits (Beat MJ, Consecutive makes Game Shots... Game Spots... Game Speed
3:40	4 UP...Team Tournament
3:55	Closing
4:00	Camp Ends

# LADY BULLDOG BASKETBALL CAMP

## DAY FUNDAMENTAL SESSION

### THURSDAY

9:00	Word of the Day & Bible Verse
9:10	Stretching & Form Running
9:25	CLINIC #14– Starts, Stops, & Turns (Add a shot fake)
9:35	CLINIC #15- Team Fundamentals
9:50	CLINIC #16– High Jump Lay-ups
10:00	CLINIC #17 – Dribble Moves and Relays (Speed, Power, Control)
10:15	Evaluations to Campers & Break
11:15	Cut Throat
11:50	Closing
12:00	Lunch

# LADY BULLDOG BASKETBALL CAMP

## DAY SHOOTING SESSION

### THURSDAY

1:00	Word of the Day & Bible Verse
1:15	Gotcha To Warm Up
1:40	CLINIC #11 - Shooting Progression
1:58	CLINIC #12 – Free Throws / Contest
2:30	Alternating Breaks & Evaluations to Campers
3:10	CLINIC #13 – Bank Shooting
3:25	Team Shooting Contests
3:40	Closing
4:00	Camp Ends