

**BASKETBALL CAMP  
@MASTERS SCHOOL**

**Aug 10-14  
9:00am - 3:00pm**

**Head Coach: Harold Johnson**

**Coaches: Josh, Kayvon, Sonia, Kyle, Vincent**

**Admin: Catie**

**Station Assignments**

**1<sup>st</sup> Set (1<sup>st</sup> and 2<sup>nd</sup> Progression)**

- 1. Man to Man Defense Fundamentals Harold**
- 2. Ballhandling Fundamentals Josh**
- 3. Shooting Fundamentals Kyle/Vincent**
- 4. The Art of Passing Kayvon/Sonia**

**2<sup>nd</sup> Set (1<sup>st</sup> and 2<sup>nd</sup> Progression)**

- 1. Footwork: Harold, Sonia**
- 2. One-on-One Moves: Josh**
- 3. Post Moves Kayvon**
- 4. Finishing Moves: Kyle/Vincent**

**BASKETBALL CAMP**  
**DAY 1 OF 5**

| <b>Day One</b> |                             |                  |
|----------------|-----------------------------|------------------|
| <b>MINUTES</b> | <b>ACTIVITY</b>             | <b>TIME</b>      |
|                |                             |                  |
| 15             | Introduction of the Program | 9:00am/ 9:15am   |
| 15             | Stretch/Warm-up Drew        | 9:15am/ 9:30am   |
| 5              | Water Break                 | 9:30am/ 9:35am   |
| 15             | Split to baskets/layup      | 9:35am/ 9:50am   |
| 60             | Station Set 1               | 10:00am/ 11:00am |
| 50             | Tryouts                     | 11:10am/ Noon    |
| 60             | Lunch                       | 12:00/ 1:00pm    |
| 60             | Station Set 2               | 1:00pm/ 2:00pm   |
| 50             | Game Set 1                  | 2:00pm/ 3:00pm   |
| 10             | Dismissal                   | 2:50pm/ 3:00pm   |
|                |                             |                  |
|                |                             |                  |

**BASKETBALL CAMP**  
**DAY 2 OF 5**

| <b>Day Two</b> |                             |                  |
|----------------|-----------------------------|------------------|
| <b>MINUTES</b> | <b>ACTIVITY</b>             | <b>TIME</b>      |
|                |                             |                  |
| 15             | Introduction of the Program | 9:00am/ 9:15am   |
| 15             | Stretch/Warm-up Drew        | 9:15am/ 9:30am   |
| 5              | Water Break                 | 9:30am/ 9:35am   |
| 15             | Split to baskets/layup      | 9:35am/ 9:50am   |
| 60             | Station Set 1               | 10:00am/ 11:00am |
| 50             | Game Set 2/Stat 13          | 11:10am/ Noon    |
| 60             | Lunch                       | 12:00/ 1:00pm    |
| 60             | Fast Break                  | 1:00pm/ 2:00pm   |
| 50             | Game Set 3/Stat 13          | 2:00pm/ 3:00pm   |
| 10             | Dismissal                   | 2:50pm/ 3:00pm   |
|                |                             |                  |
|                |                             |                  |

**BASKETBALL CAMP**  
**DAY 3 OF 5**

| <b>Day 3</b>   |                                    |                         |
|----------------|------------------------------------|-------------------------|
| <b>MINUTES</b> | <b>ACTIVITY</b>                    | <b>TIME</b>             |
|                |                                    |                         |
| <b>15</b>      | <b>Introduction of the Program</b> | <b>9:00am/ 9:15am</b>   |
| <b>15</b>      | <b>Stretch/Warm-up      Drew</b>   | <b>9:15am/ 9:30am</b>   |
| <b>5</b>       | <b>Water Break</b>                 | <b>9:30am/ 9:35am</b>   |
| <b>15</b>      | <b>Split to baskets/layup</b>      | <b>9:35am/ 9:50am</b>   |
| <b>60</b>      | <b>Station Set 2</b>               | <b>10:00am/ 11:00am</b> |
| <b>20</b>      | <b>Game Set 4/Stat 13</b>          | <b>11:10am/ Noon</b>    |
| <b>60</b>      | <b>Lunch</b>                       | <b>12:00/ 1:00pm</b>    |
| <b>60</b>      | <b>Game Set 5/Stat 13</b>          | <b>1:00pm/ 2:00pm</b>   |
| <b>50</b>      | <b>Three-on-Three</b>              | <b>2:00pm/ 3:00pm</b>   |
| <b>10</b>      | <b>Dismissal</b>                   | <b>2:50pm/ 3:00pm</b>   |
|                |                                    |                         |
|                |                                    |                         |

**BASKETBALL CAMP**  
**DAY 4 OF 5**

| <b>Day 4</b>   |                                    |                         |
|----------------|------------------------------------|-------------------------|
| <b>MINUTES</b> | <b>ACTIVITY</b>                    | <b>TIME</b>             |
|                |                                    |                         |
| <b>15</b>      | <b>Introduction of the Program</b> | <b>9:00am/ 9:15am</b>   |
| <b>15</b>      | <b>Stretch/Warm-up      Drew</b>   | <b>9:15am/ 9:30am</b>   |
| <b>5</b>       | <b>Water Break</b>                 | <b>9:30am/ 9:35am</b>   |
| <b>15</b>      | <b>Split to baskets/layup</b>      | <b>9:35am/ 9:50am</b>   |
| <b>60</b>      | <b>Station Set 1</b>               | <b>10:00am/ 11:00am</b> |
| <b>50</b>      | <b>Game Set 6/Stat 13</b>          | <b>11:10am/ Noon</b>    |
| <b>60</b>      | <b>Lunch</b>                       | <b>12:00/ 1:00pm</b>    |
| <b>60</b>      | <b>Station Set 2</b>               | <b>1:00pm/ 2:00pm</b>   |
| <b>50</b>      | <b>Game Set 7/Stat 13</b>          | <b>2:00pm/ 3:00pm</b>   |
| <b>10</b>      | <b>Dismissal</b>                   | <b>2:50pm/ 3:00pm</b>   |
|                |                                    |                         |
|                |                                    |                         |

**BASKETBALL CAMP**  
**DAY 5 OF 5**

| <b>Day 5</b>   |                                    |                         |
|----------------|------------------------------------|-------------------------|
| <b>MINUTES</b> | <b>ACTIVITY</b>                    | <b>TIME</b>             |
|                |                                    |                         |
| <b>15</b>      | <b>Introduction of the Program</b> | <b>9:00am/ 9:15am</b>   |
| <b>15</b>      | <b>Stretch/Warm-up      Drew</b>   | <b>9:15am/ 9:30am</b>   |
| <b>5</b>       | <b>Water Break</b>                 | <b>9:30am/ 9:35am</b>   |
| <b>15</b>      | <b>Split to baskets/layup</b>      | <b>9:35am/ 9:50am</b>   |
| <b>60</b>      | <b>Breakdown Stations</b>          | <b>10:00am/ 11:00am</b> |
| <b>50</b>      | <b>Playoffs/Stat 13</b>            | <b>11:10am/ Noon</b>    |
| <b>60</b>      | <b>Lunch</b>                       | <b>12:00/ 12:55pm</b>   |
| <b>60</b>      | <b>Playoffs/Stat 13</b>            | <b>1:00pm/ 2:00pm</b>   |
| <b>60</b>      | <b>Team Shooting/Awards</b>        | <b>2:00pm/ 3:00pm</b>   |
| <b>10</b>      | <b>Dismissal</b>                   | <b>2:50pm/ 3:00pm</b>   |
|                |                                    |                         |
|                |                                    |                         |