

**PRESIDENT'S WEEK PROGRAM**  
**Days 1 & 3 Schedule**

**8:30**            **Player Registration**  
**8:30-8:45**      **Coaches Arrive**  
**9:00**            **INTRO/Program Start/Organize**    -  
**9:05 – 9:35**    **Dynamic Stretch/Warm-up**  
**9:35-9:40**     **Hydrate**  
**9:45-10:45**

**STATIONS (4 X 15)**

- 1. Man-to-Man Pressure D-> Al/Remy**
- 2. Shooting Fundamentals-> Tony Jackson/Johnny**
- 3. Passing-> Nick/John**
- 4. Game Conditioning Ball Handling HJ/Drew**

**10:45-11:00**    **Hydrate/Organize**

**11:00-12:00**    **Three-on-Three Competition**

**12:00-1:00**     **Lunch**

**1:00-3:00**        **Games/Station 13 Rotation**  
**2 Courts Games/ 1 Court Station 13**

**PRESIDENT'S WEEK PROGRAM**  
**Days 2 & 4**

**8:30**            **Player Registration**  
**8:30-8:45**      **Coaches Arrive**  
**9:00**            **INTRO/Program Start/Organize**    -  
**9:05 – 9:35**    **Dynamic Stretch/Warm-up**  
**9:35-9:40**    **Hydrate**  
**9:45-10:45**

**STATIONS (4 X 15)**

- 1. One-on-One Moves Facing-> Tony Jax/Franco**
- 2. Post Moves-> HJ/Remy**
- 3. Rebounding-> Nick**
- 4. Team Defense Shell-Help-Recover Al/Johnny**

**10:45-11:00**    **Hydrate/Organize**

**11:00-12:00**    **Three-on-Three Competition/Team Shooting**

**12:00-1:00**     **Lunch**

**1:00-3:00**        **Games/Station 13 Rotation**  
**2 Courts Games/ 1 Court Station 13**