

President's Week
9:00am – 3:00pm

Station Assignments

1st Set (1st and 2nd Progression)

- 1. Man to Man Defense Fundamentals/Man Pressure**
- 2. Stationary Ballhandling Fundamentals**
- 3. Shooting Fundamentals**
- 4. The Art of Passing**

2nd Set (1st and 2nd Progression)

- 1. Game Condition Ballhandling**
- 2. Facing the Basket Moves (Jab Step Series-Combo Dribble)**
- 3. Back to the Basket (Post Moves)**
- 4. Drive, Draw, and Dish**

STATION 13

- 1. The Science of Footwork**
- 2. Full-Court Transition Offense/Defense**
- 3. Shotmania**
- 4. 3 X 3 Station and Tournament**
- 5. Ballhandling and Competition**

FIVE-STAR/BREWSTER
DAY 1 OF 5

Day One		
MINUTES	ACTIVITY	TIME
15	Introduction of the Program	9:00am/ 9:15am
15	Stretch/Warm-up	9:15am/ 9:30am
5	Water Break	9:30am/ 9:35am
15	Layups/Jump Shots	9:35am/ 9:50am
90	Science of Footwork	10:00am/ 11:30am
20	Free Throws (Best of 20) Practice	11:30am/ 11:55am
60	Lunch	11:55am/ 12:55pm
10	Organize 5 Man Evaluation Teams	1:00pm/ 1:10pm
50	5 Man Evaluation Scrimmages	1:10pm/ 2:00pm
5	Water Break	2:00pm/ 2:05pm
45	Full Court Transition Offense/Defense	2:05pm/ 2:50pm
10	Prepare for Dismissal	2:50pm/ 3:00pm

Station 13- Science of Footwork
Full Court Transition Offense/Defense

FIVE-STAR/BREWSTER
DAY 2 OF 5

Day Two		
MINUTES	ACTIVITY	TIME
15	Introduction of the Program	9:00am/ 9:15am
15	Stretch/Warm-up	9:15am/ 9:30am
5	Water Break	9:30am/ 9:35am
15	Layups/Jump Shots	9:45am/ 10:00am
90	Stations (4 X 18 min) 1 st Set	10:00am/ 11:30am
25	Formulate Teams/Rosters/Coaches Whiteboard Session	11:30am/ 11:55am
60	Lunch	11:55am/ 12:55pm
15	Team Practice	1:00pm/ 1:15pm
45	Games (4 X 8 min quarters)	1:15pm/ 2:00pm
5	Water Break	2:00pm/ 2:05pm
45	Shotmania/Team Shooting Competition	2:05pm/ 2:50pm
10	Prepare for Dismissal	2:50pm/ 3:00pm

Stations- 1st Set (1st Progression)

Station 13- Shotmania-Team Shooting Competition

FIVE-STAR/BREWSTER
DAY 3 OF 5

Day Three		
MINUTES	ACTIVITY	TIME
15	Introduction of the Program	9:00am/ 9:15am
15	Stretch/Warm-up	9:15am/ 9:30am
5	Water Break	9:30am/ 9:35am
15	Layups/Jump Shots	9:45am/ 10:00am
90	Stations (4 X 18 min) 2 nd Set	10:00am/ 11:30am
25	Free Throws (Best of 20)	11:35am/ 12:00pm
60	Lunch	12:00pm/ 1:00pm
15	Team Practice	1:00pm/ 1:15pm
45	Games (4 X 8 min quarters)	1:15pm/ 2:00pm
5	Water Break	2:00pm/ 2:05pm
40	Ballhandling Competition	2:10pm/ 2:50pm
10	Prepare for Dismissal	2:50pm/ 3:00pm

Stations- 2nd Set (1st Progression)

Station 13-Ballhandling- Individual Competition

FIVE-STAR/BREWSTER
DAY 4 OF 5

Day Four		
MINUTES	ACTIVITY	TIME
15	Introduction of the Program	9:00am/ 9:15am
15	Stretch/Warm-up	9:15am/ 9:30am
5	Water Break	9:30am/ 9:35am
15	Layups/Jump Shots	9:45am/ 10:00am
90	Stations (4 X 18 min) 1 st Set	10:00am/ 11:30am
25	3 X 3 Lecture	11:30am/ 11:55am
60	Lunch	11:55am/ 12:55pm
50	3 X 3 Tournament	1:00pm/ 1:50pm
5	Water Break	1:50pm/ 1:55pm
20	Coaches Whiteboard/Team Practice	1:55pm/ 2:15pm
45	Games (4 X 8 min quarters) Playoffs	2:15pm/ 3:00pm

Stations- 1st Set (2nd Progression)

Station 13- 3 X 3 Offense/Motion Concepts

FIVE-STAR/BREWSTER
DAY 5 OF 5

Day Five		
MINUTES	ACTIVITY	TIME
10	Introduction of the Program	9:00am/ 9:10am
10	Stretch/Warm-up	9:10am/ 9:20am
5	Water Break	9:20am/ 9:25am
90	Stations (4 X 18 min) 2 nd Set	9:30am/ 11:00am
25	Free Throw Competition	11:05am/ 11:30am
60	Lunch	11:30am/ 12:30pm
25	Ballhandling Competition	12:35pm/ 1:00pm
25	Skills Competition	1:10pm/ 1:35pm
20	Shooting Competition	1:40pm/ 2:00pm
45	Games (4 X 8 min quarters) Chips	2:00pm/ 2:45pm
15	Awards Ceremony	2:45pm/ 3:00pm

Stations – 2nd Set (2nd Progression)

Competition Day

Championship/Final Games

Awards