

Schedule

8:30	Player Registration
8:30	Coaches Arrive
9:00	INTRO/Program Start/Organize
9:05	Dynamic Stretch/Warm-up
9:35	Hydrate
9:45	STATIONS (4 x 15) 1. Man-to-Man Pressure D 2. Shooting Fundamentals 3. Passing 4. Game Conditioning Ball Handling
10:45	Hydrate/Organize
11:00	3-on-3 Competition
12:00	Lunch
1:00	FAST BREAK COMPETITION
1:45	GAMES/STATION 13
3:00	WRAP-UP