

BULLDOG BASKETBALL CAMP

DAY FUNDAMENTAL SESSION

MONDAY

7:30	Registration
8:30	Teach Triple Threat – Long Whistle
8:45	Orientation – Word of the Day - Meet staff – Make Teams (Roster cards)
9:15	CLINIC #1 – Starts, Stops, & Turns (Direct Drive, Jump Stop, Front Turn)
9:35	CLINIC #2 – Stationary Ball Handling (Squeezes, Candy Cane, Figure 8's)
9:45	CLINIC #3 – GOTCHA
10:00	Alternating Break (Half on break/Half playing Gotcha w/ team)
10:20	CLINIC #4 – On the Ball Defense
10:50	1-on 1 Cut Throat
11:10	CLINIC #5 – Strong Hand Lay-ups (Power)
11:25	Teach Cut Throat
11:55	Closing
12:00	Lunch

BULLDOG BASKETBALL CAMP

DAY SHOOTING SESSION

MONDAY

12:30	Registration
1:00	Teach Triple Threat – Long Whistle
1:10	Orientation – Word of the Day - Meet staff – Make Teams (Roster cards)
1:25	CLINIC #1 – Starts, Stops, & Turns
2:00	CLINIC #2 – Mental Aspects of Shooting (Good shot, Target, Confidence)
2:20	CLINIC #3 – Introduce Team Competitive (First to 7)
2:40	Alternating Break
3:10	CLINIC #4 – Shooting Progression (Perfect Shots)
3:45	Team Competitive (4-Up)
4:00	Cut Throat
4:25	Closing
4:30	Camp Ends

BULLDOG BASKETBALL CAMP

DAY FUNDAMENTAL SESSION

TUESDAY

8:30	Word of the Day & Bible Verse
8:40	CLINIC #6 - Starts, Stops, & Turns (Cross-over & Rear Turn)
8:55	CLINIC #7 - Stationary Ball Handling (1Finger, Paint the line, Figure 8's)
9:15	CLINIC #8 - Dribble Tag
9:30	CLINIC #9 – Weak Hand Lay-ups (Power)
9:45	Lay-Up Contest
10:05	Alternating Break
10:25	CLINIC #10 – Moving without the ball (catching in triple threat)
11:00	CLINIC #11 – Denial Defense
11:30	Cut Throat
11:55	Closing
12:00	Lunch

BULLDOG BASKETBALL CAMP

DAY SHOOTING SESSION

TUESDAY

1:00	Word of the Day & Bible Verse
1:10	CLINIC #5 – Starts, Stops, & Turns
1:35	Shooting Progression
2:00	Team Competitive
2:15	CLINIC #6 – High Jump Lay-up
2:35	Lay-Up Contest
2:50	Alternating Breaks
3:20	CLINIC #7 – Shooting off the pass
3:40	CLINIC #8 – 7 Spot Shooting Drill
4:05	Cut Throat
4:25	Closing
4:30	Camp Ends

BULLDOG BASKETBALL CAMP

DAY FUNDAMENTAL SESSION

WEDNESDAY

8:30	Word of the Day & Bible Verse
8:40	CLINIC #12 – Starts, Stops, & Turns (Add a lift fake)
8:55	Partner Closeouts (working on live ball moves)
9:15	1-on-1 Cut Throat
9:30	CLINIC #13 – Stationary Ball Handling (Slams, Scissors, Spiders)
9:50	Dribble Tag
10:05	Alternating Breaks
10:35	CLINIC #14 – Setting & Receiving Screens
10:50	CLINIC #15 – Reading Screens
11:25	Cut Throat (Must start with down screens)
11:55	Closing
12:00	Lunch

BULLDOG BASKETBALL CAMP

DAY SHOOTING SESSION

WEDNESDAY

1:00	Word of the Day & Bible Verse
1:10	CLINIC #9 – Starts, Stops, & Turns
1:25	CLINIC #10 – Shooting off the Dribble
1:40	Shooting Progression
2:00	Team Competitive
2:15	Team Shooting Contest
2:40	Alternating Breaks
3:10	CLINIC #11 – Practice Habits (Beat MJ, Consecutive)
3:55	Cut Throat
4:25	Closing
4:30	Camp Ends

BULLDOG BASKETBALL CAMP

DAY FUNDAMENTAL SESSION

THURSDAY

8:30	Word of the Day & Bible Verse
8:40	CLINIC #16 – Starts, Stops, & Turns (Add a jab step)
8:55	Partner Closeouts (Working on live ball moves)
9:05	CLINIC #17 – Passing & Receiving
9:35	CLINIC #18 – High Jump Lay-ups
9:50	Lay-Up Contest
10:10	Alternating Breaks
10:40	Evaluations to Campers
11:00	CLINIC #19 – 2 Ball Dribbling (Control, Power, Speed – whistle change)
11:25	Cut Throat
11:55	Closing
12:00	Lunch

BULLDOG BASKETBALL CAMP

DAY SHOOTING SESSION

THURSDAY

1:00	Word of the Day & Bible Verse
1:10	CLINIC #12 – Starts, Stops, & Turns
1:20	Shooting Progression
1:40	CLINIC #13 – Free Throws
2:10	Free Throw Contest
2:40	Alternating Breaks
3:10	Evaluations to Campers
3:30	CLINIC #14 – Bank Shooting
3:40	Team Shooting Competitions
3:55	Cut Throat
4:25	Closing
4:30	Camp Ends