

1st ADVANTAGE CAMP SUMMARY

"Excellence is the gradual result of always striving to get better." — Pat Riley

Camp Structure: Four Day Camp (Monday-Thursday)

Time: 9:00 AM – 2:00 PM daily

Recommended Ages: 3rd-10th grade

Pricing: 169/199 4 day or 159/189 choose 3 days to come

Capacity: 30 (adjust based on court size and staffing)

Overview: Shoot 360 Basketball Camps are designed to deliver an immersive, skills-based training experience unlike any other. By combining elite coaching, cutting-edge technology, and competitive gameplay, our camps create an environment where athletes improve rapidly while having fun. The "Shoot 360 Way" focuses on positive coaching, effort, encouragement, and skill mastery.

Purpose: Every athlete leaves camp more skilled, more confident, and more motivated to continue their basketball journey.

Equipment/Materials Suggested: Baskets lowered to 8 feet and 9 feet for ages 5-9, Junior Size Balls (27.5) for ages 5,6 & 7. Hula Hoops, Cones, Pinnies or Reversible Jerseys, Different Colored wrist/sweatbands, Certificates, Shoot 360 branded t- shirt, camp giveaways such as Popsicles, hamburger coupons from a local establishment, or other Shoot 360 swag.

Before Camp Checklist:

- ☐ Court mopped & tech turned on + calibrated (ready for warm ups)
- ☐ Make sure camp registration is ready to be checked in.
- ☐ Turn on TV to correct playlist & turn on music to correct playlist
- ☐ Turn the volume up on the shooting courts.
- ☐ Adjust the cranks on the ARMs to mid-range height.
- ☐ ORV are called for today (get most detail about athletes +notes on scheduler)

Team Huddle to prepare for day (5-10 min before door opens)

Ensure staff are energized, prepared, and understand the game plan.



STAFF REMINDERS

"Excellence is the gradual result of always striving to get better." — Pat Riley

Pre-Camp Meeting (30 Minutes Before Start)

Quick staff huddle to review:

- Daily schedule
- Team/court assignments
- Special instructions
- Emergency procedures

Staff Expectations

- **Arrive Early:** Be on-site at least 30 minutes before doors open to help set up.
- **Be E.P.I.C.:** Follow the Shoot 360 core values. Kids will look up to you! Maintain an encouraging and enthusiastic attitude.
- **Know the Schedule:** Review the daily plan to anticipate transitions and activities.
- **Stay Engaged:** Always be active in coaching, demonstrating, and supporting players.
- **Safety First:** Monitor players, enforce rules, and be prepared for emergencies. No hangin on the rims, no participation without waiver.
- **Communication is Key:** Stay in sync with other staff members for smooth operations.
- **No personal cell phone use during camp:** keep personal cell phones at the front - you are coaching - personal calls can be made during breaks

Member may workout during camp but may not interfere or join in camp activities. Members may only shoot or do skills, may not be at facility during camp hours without reservation.

Being late for camp, not showing up for scheduled shift, not being in Shoot 360 apparel/footwear, or exhibiting behaviors not representative of Shoot 360 are grounds for immediate termination.

SHOOT 360

DAY 1 OVERVIEW

"Excellence is the gradual result of always striving to get better"-Pat Riley

Pre-Camp Organization: Confirmed Participants page is printed out with age and gender identified. *Depending on the total number of participants and the age of the participants will impact the structure and flow of the camp. Adjustments to the camp structure and activities will also be dependent on the size and capacity of each unique Shoot 360 Gym.

Emphasis for Day #1: Giving your best!

Before Camp Checklist:

- ☐ Court mopped & tech turned on + calibrated (ready for warm ups)
- ☐ Make sure camp registration is ready to be checked in.
- ☐ Turn on TV to correct playlist & turn on music to correct playlist
- ☐ Turn the volume up on the shooting courts.
- ☐ Adjust the cranks on the ARMs to mid-range height.
- ☐ ORV are called for today (get most detail about athletes +notes on scheduler)
- ☐ Team Huddle to prepare for day (5-10 min before door opens)
- ☐ Every coach has schedule + supplies + whistle
- ☐ **Ensure staff are energized, prepared, and understand the game plan.**

Doors open: 8:30 DO NOT let athletes in before 8:30 - this is your time to prepare - you look unprofessional when you are unprepared - camp starts promptly at 9AM - never allow a 1 athlete / 1 coach only situation

1st ADVANTAGE DAY 1 PLAN

DAY 1

“Excellence is the gradual result of always striving to get better”- Pat Riley

8:30 - 9:00 Warm-up - camp starts promptly at 9 - regardless

9:00 Head Coach Introduction/Quote for the Week, Emphasis of the Day: (30 min)

9:30 Dynamic Warm up: (15 minutes) P. 5

9:45 Athlete Evaluations on Shooting Courts: (30 min) P.5

10:15 Footwork, Dribbling, Passing Evaluations: (15 minutes) P.6

10:30 Water Break and Assignment of Teams - give color bands: (15 min) P. 6

10:45 Stations: Ball Handling/Dribbling, Lay-Ups, Advantage Lay-Ups, Shooting, Rebounding & Finishing (60 minutes) P. 6

11:45 Water Break Quote for the Week Review: (10 minutes) P. 7

LUNCH

12:30 V-Cuts & L-Cuts (15 minutes) P. 8

12:45 Games 3 on 3 or 4 on 4 (30 minutes) P. 8

1:15 Waterbreak (5 minutes) P. 8

1:20 Camp Competition-Speed Lay-Ups (15 minutes) P. 8

1:35 Camp Competition-Skills running team tug a war (15 minutes) P. 8

1:50 Wrap up + Day 1 awards (10 minutes) P. 8

1st ADVANTAGE DAY 1

ALWAYS START CAMP ONTIME - one coach may stay up front to check in but always start ontime

- **Introduction: (30 minutes)**

- **Shoot 360 Background:** The World's leading basketball immersive training that combines in-person skill development with digital gamification and virtual competition experiences. You are in the best place you can be in to develop and improve your basketball skills!
- **Staff Introductions:** Spend time introducing the Shoot 360 Skill Development Coaches who will be working the camp, providing insight to the campers and parents about the coaches working the camp.
- **Quote and emphasis of the Week:** "Excellence is the gradual result of always striving to get better"-Pat Riley.
- Provide a short story of how you were successful because of your disciplined habits and daily commitment of working to be better. Encourage Campers to memorize the Camp Quote.
- Explain there will be daily and weekly award winners with criteria based on being able to recite the quote of the week and emphasis of the day, who was a great listener, who did their best, who tried to be a great teammate, etc.

- **Dynamic Warm-Up: (15 Minutes)**

- Depending on the number of Campers you have at Camp will determine how you organize your Warm-up lines. Try to keep lines as small as possible. Pull back Shooting courts nets to open up space as needed for warm-up.

- **Suggested WARM-UP Activities:**

Slow to medium jog Sliding (may incorporate big arm swings).

Lunges

Carioca with wide strides

Skipping Backward

Carioca with short strides (quick feet)

Skipping

High Knees

Skipping for Height (Monster Skipping)

Butt Kickers

Skipping for Distance

Jog to Sprint

- **Athlete Evaluations on Shooting Courts: (30 Minutes) Leagues or Daily Shoot Out**

- Using Shoot 360 Shooting Courts, group up campers to a maximum of 6 (two groups of 3) per shooting court. Be sure to group athletes as best as possible based on their age.
- Spend the first few minutes explaining exactly how to play a Shoot 360 Leagues game covering proper rotation, points breakdown, splash meter. Set Shooting court touchpad to Shoot 360 Leagues Game. Enter the names of the first three athletes at each Have the first group of 3 play two quarters of a Leagues game. The second group of 3 should observe the first group of 3 play the first 2 quarters. *You may want to consider playing a full game Athletes should focus on mid-range shots (2-pters) during the first quarter and then can try and shoot from the college 3-pt line or even NBA 3-pt line.
- Once the first group finishes two quarters the second group of 3 will play two
- quarters. Coaches should evaluate athlete's ability to shoot the ball consistently in the Splash Zone.
- Proper shooting form, mechanics will be easily observed as well.

SHOOT 360

1st ADVANTAGE DAY 1

- **Footwork, Dribbling, Passing Evaluations (John Wooden Fundamental Drills) (15 Minutes)**

- Depending on the number of athletes you have and the space available you can work in partners or groups of three for these Line Drills.
- Works well in groups of 3 as it allows for the athletes some observation time.
- P1 starts with a ball and dribbles 3-4 times and then jump stops immediately performing a front pivot. P1 should then “Fake a pass to make a pass” and pass it to P2. P1 should follow the pass by running to get back in line behind P3.
- P2 should immediately take 3-4 dribbles and repeat what P1 did.
- Have coaches observing and assessing all athlete’s dribbling skills.
- **Progression:** Challenge athletes with other dribbling challenges such as through the legs, behind the back, etc. before they make their jump stop and pivot.
- Remind athletes to keep their head up while dribbling.
- Emphasize the importance of staying down in an athletic stance on jump stops and pivoting...”Don’t raise up” “Stay in an athletic stance.”
- Mix it up with front pivots, reverse pivots, stride pivots & challenge the athletes to execute chest passes, bounce passes, overhead passes, push passes.
- Make sure passers are stepping towards the receiver when the pass is executed.
- **Great cues for catching efficiently:** “Ball in the air-Feet in the air,” “Meet the
- Pass.” Catch it with your eyes first, feet second, hands third.” “See it, Move to it, Grab it.”

- **Water Break and Assignment and Balance of Teams: (15 Minutes)**

- The number of athletes on each team will depend on the total number of campers
- Coaches should gather and quickly discuss how to best balance teams. It is recommended to divide the teams up into teams of 3’s and 4’s.
- Camp Games will be played on a half court or on Shooting Courts. **Balanced teams is goal** review the **Quote of the Week:** “Excellence is the gradual result of always striving to get better”- Pat Riley

- **Station Work - Five 12-Minute Stations: (Ball Handling & Dribbling, Lay-Ups, Lay-Ups vs a Defender, Shooting, Rebounding & Finishing)**

- **Ball Handling/Dribbling Station (10 Minutes):**

help participants select appropriate drill pack challenges. Depending on the number of participants you may need to put 2-3 in each skill court. *Important to assign appropriate drill packs for the athlete based on observed skill level in previous skill/drills.

Drill Packs: Athletes should be able to complete at least 2 drill packs in the 10- minute station.

Suggested Novice Drill Packs:

- Ball Handling Level 1(4:30), Combo Level 1 (4:00) & Combo Level 2 (4:00)
- Ball Handling Level 1.3 (4:00), Crossover Progression (4:00)

- **Suggested Intermediate Drill Packs:**

- Ball Handling Level 2 (4:00), Combo Level 3 (4:00), Combo Level 4 (4:00), 2-Ball Level 1(4:00), Combo Level 4 (4:00), Ball Handling Level 4 (4:30), Combo Level 5 (5:00), Combo Level 2.4 (5:00), Behind Progression (3:30),

- **Suggested Advanced Drill Packs:**

- Ball Handling Level 3 (4:30), 2 Ball Level 2 (4:00), Combo Level 3.3 (4:00), Combo Level 6 (5:00), Combo Level 7 (5:00), Ball Handling Level 5 (4:30), Ball Handling Level 6 (4:00), Between Progression (4:00)

1st ADVANTAGE DAY 1

- **Lay-Ups Station (10 Minutes) Remove ARM from basket(s): Great reinforcement for athletes of all ages to start with two-foot Jump Stop Lay-Ups.**
 - Have athletes start at the elbow and take 2 or 3 dribbles with their outside hand towards the basket. As they get close to the basket a jump stop should be executed while shooting a balanced shot off the backboard.
 - Emphasize feet shoulder width apart on the jump stop for proper balance.
 - For athletes younger than 9-years old lower the rim to 8 ft if possible.
 - Have lines at both the right and left elbows with each athlete holding a ball. Athletes should rebound their own shot and switch lines after shooting.
 - For athletes 10 years & older progress into the running one hand lay-up.
 - **Cues:** Step and plant the non-dominant foot and then step up to the basket with the dominant foot while simultaneously lifting the ball above the shoulders with both hands, then releasing/shooting the lay-up with the dominant hand. Try & keep the ball on the outside shoulder.
 - **Progression:** Put a coach under the basket and have the coach make a token effort to steal the ball or give a gentle push on the athlete to challenge them to make the lay-up while being fouled.
- **Advantage Lay-Ups vs. a Defender Station Remove ARM from basket(s): (10 Minutes):**
 - Player A starts with the ball at the elbow while Player B starts ½ a step behind as a defender.
 - Player A attacks the basket off the dribble and Player B reacts defensively and tries to stop Player A from scoring a lay-up.
 - Player A should shoot a running lay-up if there is an advantage and should shoot a jump stop power lay up if Player B is even or ahead.
 - This is an “Open Skill” drill that simulates game like shooting sequences.
 - This is usually best done with ages 10 and older for maximal success. For the athletes under 10 years old consider doing lay-up competitions. First team to make 7 lay-ups, etc.
- **Shooting Station -Use ARM (10 Minutes) *Put 3 or more athletes together on Shooting Courts and have them alternate turns.**
 - **Suggested Novice Level Shooting Drill Packs:**
 - Shooting Level 1(9:00), Shooting Level 2 (8:00), Shooting Level 1.3 (6:00),
 - **Suggested Intermediate Level Shooting Drill Packs:**
 - Shooting Level 3 (4:00), Shooting Level 4 (8:00), Shooting Level 5 (7:00), Shooting Level 6 (6:00).
 - **Suggested Advanced Level Shooting Drill Packs:**
 - Shooting Level 7 (6:00), Shooting Level 8 (6:00), Shooting Level 9 (8:00)
- **Rebounding & Finishing Station: Remove ARM from basket(s): (10 minutes):**
 - Throw the ball off the backboard and catch it and go back up with a “power lay-up.”
 - Then work with a partner or coach who throws the ball off the backboard and makes it carom off the opposite side of the rim where the teammate times and grabs the rebound and then takes it right back up with a power lay-up.
 - Advanced progression is to have the passer become a defender on the rebounder/shooter and defend the power lay-up.
- **Water Break (10 Minutes): Review the Camp Quote with the all campers before breaking for Water:** “Excellence is the gradual result of always striving to get better”-Pat Riley. Remind campers about the consistency of their effort and that the focus so far has been on essential basketball fundamentals that will become better.

1st ADVANTAGE DAY 1

- **Introducing V-Cuts and L-Cuts (15 minutes) Move ARM's away from Baskets.**

- Teach athletes how to properly V-Cut by taking a defender towards the basket with a fast cut and then showing them how to step in front of the defender creating space to get open.
- May work best for coach to be a simulated defender while providing cues to help the offensive athlete to get open with a V-Cut. For the L-Cut, rotate the offensive player down to the baseline at the side of the lane line.
- Teach the offensive player to sprint up the lane line and then plant their inside foot at the elbow and make a sharp cut out to the wing area.
- **Challenge:** Have athletes defend each other while coach is passing. If an athlete scores a basket they get to stay on offense.

- **GAMES: 3 on 3 or 4 on 4 (30 Minutes)**

- Whether your teams are broken down into 3's or 4's set up a format to play half court games.
- **SUGGESTED GAME FORMATS:**
 - 1- or 2-minute games with the winner staying on.
 - Games to 2 baskets-first team to make 2 baskets stays on.
 - Keep Games moving so teams are not waiting.
 - Keep track of Wins for Teams – making sure teams are balanced.

- **Water Break (10 minutes) Ask Campers who can recite the Quote of the Week!**

- **Competition- Speed Lay-ups (15 minutes) Move ARM's away from Baskets.**

- Have athletes try and make as many lay-ups going as fast as possible in one minute.
- Start at the right elbow and have the athlete dribble to the basket shooting either a running lay-up or for younger athletes a two-foot jump-stop lay-up. Once the lay-up has been shot on the right side, the athlete should rebound the ball off the make or miss and dribble up to the left elbow. Ideally this should be done with one dribble attacking the basket and then one dribble up to the elbow after rebounding.
- Athletes should try and execute a stride stop and pivoting at the elbow while trying to not pick up the ball and keeping their dribble alive. Push the ball going back towards the basket on the left side with one dribble (if possible) with the focus on trying to shoot a running left-handed lay-up.
- **Suggestion:** Have a coach demonstrate how to properly do the drill with the appropriate dribbling to and from the basket as well as the correct stride pivot at the elbows. An advanced middle school player can get 12 made lay-ups in this drill and elite high school player should strive for 14 makes in a minute. Emphasize “clean lay-ups” meaning the ball drops cleanly through basket (no rim) after coming off the backboard.

- **Competition - Skills running tug a war game**

Set bay 1+2 to tug a war team green - set skills bay 3+4 to team red - divide in half - Green team only hits green - Red only red - One at a time fun from one bay to the next and throw one pass at each bay - Team green 1+2 bay only Team red (3+4 bay only) one ball per TEAM.

- **Wrap-up (10 minutes)**

- Call on campers to recite the thought of the week & remind them of always giving their best! “Excellence is the gradual result of always striving to get better”-Pat Riley
- Remind campers about the importance of giving their best and striving to get better.
- Give out daily awards.

DAY 2 OVERVIEW

"Excellence is the gradual result of always striving to get better"-Pat Riley

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Emphasis for Day #1: Making the Right Decision

Before Camp Checklist:

- ☐ Court mopped & tech turned on + calibrated (ready for warm ups)
- ☐ Make sure camp registration is ready to be checked in.
- ☐ Turn on TV to correct playlist & turn on music to correct playlist
- ☐ Turn the volume up on the shooting courts.
- ☐ Adjust the cranks on the ARMs to mid-range height.
- ☐ ORV are called for today (get most detail about athletes + notes on scheduler)
- ☐ Team Huddle to prepare for day (5-10 min before door opens)
- ☐ Every coach has schedule + supplies + whistle
- ☐ **Ensure staff are energized, prepared, and understand the game plan.**

Doors open: 8:30 DO NOT let athletes in before 8:30 - this is your time to prepare - you look unprofessional when you are unprepared - camp starts promptly at 9AM - never allow a 1 athlete / 1 coach only situation

1st ADVANTAGE DAY 2 PLAN

“Excellence is the gradual result of always striving to get better”-Pat Riley

8:30 - 9:00 Warm-up - camp stats promptly at 9 - regardless

9:00 Introduction/Quote & Emphasis of the Day: (30 minutes)

9:30 Dynamic Warm up: (10 minutes)

9:40 Footwork, Dribbling, Passing - Coach Wooden Drills: (20 min)

10:00 Advantage Lay-Ups (20 minutes)

10:20 1 on 1 Defensive Close Outs and Guarding the Ball (20 min)

10:40 Water Break (10 minutes)

10:50 2 vs. 1 Attacking the Basket (20 minutes)

11:10 Stations: Dribbling/Ball Handling Station & Shooting Station (20 minutes each- total 40)

11:50 LUNCH

12:20 Screen & Roll Breakdown (20 minutes)

12:40 Continuous 3 on 3 on 3 (30 minutes) P. 14

1:10 Competitions-Quickfire and One Minute HIT Elbow shots (40 min)

1:50. Wrap up (10 minutes) P. 15

1st ADVANTAGE DAY 2 DETAILS

“Excellence is the gradual result of always striving to get better”-Pat Riley

- **Introduction: (10 minutes)** Make the right decision!
 - Campers should be lined up in assigned Teams for easy roll call.
 - **Review Camp Quote of the Week:** Excellence is the gradual result of always striving to get better”-Pat Riley.
 - **Emphasis of the Day:** Make the right decision!
 - Remind Campers they should try and memorize the Quote of the Week to be in consideration for daily and weekly awards. In addition, focus on listening, doing your best, and being a great teammate!
- **Dynamic Warm-Up: (15 Minutes)**
 - Depending on the number of Campers you have at Camp will determine how you organize your Warm-up lines. Try to keep lines as small as possible. Pull back Shooting courts nets to open up space as needed for warm-up.
 - Slow to medium jog
 - Change of pace, change of direction.
 - Sliding (may want to incorporate big arm swings while sliding).
 - Skipping
 - Backward Skipping
 - Skipping for Height (Monster Skipping)
 - Skipping for Distance
 - Carioca with wide strides
 - Carioca with short strides (quick feet)
 - High Knees
 - Butt Kickers
 - Jog to Sprint
 -
- **John Wooden Fundamental Drills - Footwork, Dribbling, Passing (20 Minutes)**

P1 starts with a ball and dribbles 3-4 times and then jump stops immediately performing a front pivot. P1 should then “Fake a pass to make a pass” and pass it to P2. P1 should follow the pass by running to get back in line behind P3.

P2 should immediately take 3-4 dribbles and repeat what P1 did.

Have coaches observing and assessing all athlete’s dribbling skills.

Progression: Challenge athletes with other dribbling challenges such as through the legs, behind the back, etc. before they make their jump stop and pivot.

Remind athletes to keep their head up while dribbling.

- Emphasize the importance of staying down in an athletic stance on jump stops and pivoting..."Don't raise up" "Stay in an athletic stance."
- Mix it up with front pivots, reverse pivots, stride pivots & challenge the athletes to execute chest passes, bounce passes, overhead passes, push passes.
- Make sure passers are stepping towards the receiver when the pass is executed.
- **Great cues for catching efficiently:** "Ball in the air-Feet in the air," "Meet the Pass." Catch it with your eyes first, feet second, hands third." "See it, Move to it, Grab it."
- **Advantage Lay-ups Drill-Finishing at the Rim (20 Minutes) move ARM's away from baskets.**
 - Player A starts with the ball at the elbow while Player B starts ½ a step behind as a defender. Player A attacks the basket off the dribble and Player B reacts
 - defensively and tries to stop Player A from scoring a lay-up. Player A should shoot a running lay-up if there is an advantage and should shoot a jump stop power lay up if Player B is even or ahead.
 - This is an "Open Skill" drill that simulates game like shooting sequences. Spend a little time providing insight on both offensive and defensive strategies. Key point to emphasize - make sure the Offensive player starts in an offensive stance where they have their body between the defender and the basketball. Stress the importance of gaining the angle advantage for the offensive player this means stepping in front of the defender while attacking the basket and keeping the defender behind you while attacking the basket.
 - Remind athletes that "Basketball is a game of balance and quickness." Always be on balance and be quicker than your opponent!
 - **Competition:** Now allow the defender to start even with the offensive player at the elbow. If the Offense scores they earn a point and stay on Offense and a new defender rotates on. If the defense gets a stop they get a point and rotate to offense. Have players keep track of their points.
 - Works best with 3-5 athletes at a basket but certainly more can be placed at a basket depending on numbers.
- **1 on 1 Defensive Close Outs and Guarding the Ball (20 Minutes) Move ARM's away from Baskets.**
 - Start with a line of athletes under the basket and with one athlete at the top of the 3-pt line.
 - The athlete in the front of the line should start with the ball and pass it to the athlete at the top of the 3-pt. line.
 - The athlete should then sprint 2/3 of the way and then chop their steps (make the floor squeak with your shoes) with hands up (high hands) the last 1/3 of the way.
 - Emphasize the importance of keeping the offensive player in front.
 - The offensive player should simulate they are either shooting a jumper or driving to the basket.

- Teach athletes how to contest a jump shooter with their hands up and not fouling a jump shooter.
- Teach athletes how to shuffle/slide their feet to keep the driver in front of them.
- Emphasize the concept of “Know who you are guarding, and know what their game is?” Meaning, are they more likely to catch and shoot, or are they more likely to drive the ball to the hoop.
- **Progression:** Make it competitive but limit the dribbles for the offense. Start with 3 dribble max for the offense.
- If the Offense scores they earn a point and stay on Offense and a new defender rotates on.
- If the defense gets a stop they get a point and rotate to offense.
- Have players keep track of their points. Works best with 3-5 athletes at a basket
- but certainly more can be placed at a basket depending on numbers.
- **Water Break (10 minutes)**
 - **Review the Camp Quote of the Week:** Excellence is the gradual result of always striving to get better” with the all the campers before breaking for Water. Remind campers about the importance of a consistency of effort.
- **2 vs. 1 Attacking the Basket (20 Minutes) Move ARM’s away from Baskets.**
 - This is a fun drill that simulates making the right decisions by attacking the basket in a 2 on1 situation.
 - Put 5-6 athletes at each shooting court baskets. Place 1 defender in front of the basket (middle of the lane), remaining athletes should form two lines on the right and left sides above the 3-pt line.
 - The athlete on the left side starts with the ball and passes it to the athlete at the front of the right-side line. The right-side athlete then should attack off the dribble, while the left side player is coordinated with the right-side athlete attacking the basket on the run.
 - Make sure attacking offensive players maintain good spacing forcing the lone defender to make a decision. The dribbler should have an attack mind set, forcing the defender to stop the dribble penetration.
 - Once the defender commits to stopping the dribbler, the dribbler then makes the pass to the attacking teammate for an easy score.
 - Heavy emphasis should be placed on the dribbler attacking the basket for a lay-up.
 - The pass is only made when the defender fully commits to stopping the ball. The common error is making the pass too early.
 - Show defenders how to bluff and recover trying to get the dribbler to pick up their dribble early.
 - Great breakdown drill for teaching fastbreak offensive decisions and defensive coverage.
 - The drill is live until the offense scores, or the defense gets a stop.
 - **Rotation:** Shooter stays on defense.

- Once athletes have it down, make it competitive. Defender gets 2 points for a stop; offensive players each get 1 point for a score. Have athletes keep track of their points. Play for several minutes. Play a game with the top scorers from each basket for a champion.
- **2. Station Work – Dribbling/Ball Handling Station & Shooting Station (Two 20-minute Stations)**
 - Divide Teams up into two equal groups. *Depending on the number of campers you have and the amount of skill courts available at your Shoot 360 location you may need to place multiple athletes at a time in the skill courts and shooting courts.
 - **Station 1 : Skill Court Drill Packs.**
 - Drill Pack: Ball Handling Level 3 (4:30 minutes)
 - Drill Pack: Two Ball Level 1 (4.00 minutes)
 - Drill Pack: Combo Level 3 (4:00 Minutes)
 - Drill Pack: Combo Level 4 (4:00 Minutes)
 - **Station 2: Shooting Court Drill Packs.**
 - Drill Pack: Shooting Level 1.3 (6 minutes)
 - Drill Pack: Shooting Level 3 (4 minutes)
 - Drill Pack: Shooting Level 4 (8 minutes)
- **Water Break (10 minutes) Quote of the Week, Emphasis of the Day.**
- **Screen & Roll Breakdown (20 minutes) Move ARM's away from Baskets.**
 - Begin this drill with a demonstration and explanation in front of everyone.
 - Start with two campers on Offense with one ball handler and one screener and two defenders on Defense with one defending the ball and one defending the screener.
 - Begin the drill at the top of the circle with O1 holding the ball. Have O2 start at the free throw line. D1 should match up with O1 and D2 should match up with O2.
 - Demonstrate how to set a proper on ball screen. Emphasize making sure the screener is set with a wide base.
 - Demonstrate different screening angles that O2 can utilize when setting the screen, right, left, or directly behind the defender.
 - Demonstrate how O1 should set the defender (D1) up with a jab step and ball fake away from the direction where the screen is being set. The fake by O1 is essential to run D1 into the screen being set by O2.
 - Emphasize the importance of O1 attacking the lane and getting ‘downhill’ to the basket. The primary goal of O1 is to attack the basket aggressively trying to score.
 - Show the appropriate footwork (reverse pivot or a quick turn and go) after the screen has been set by O2.
 - Demonstrate different passes O1 can make to O2 on the roll. Such as pocket pass, bounce pass, over the top pass or lob pass.
 - Defending the Screen
 - Emphasize the importance of early communication by D2 to D. “Screen coming Left”, “Screen coming Right”, “Back Screen coming”.

- Show D1 avoiding or fighting through the screen by “skinny up” to O1, going under screen set by O2, or switching the screen. *Teaching the Hedge, the Trap, the String, or Icing the on-ball screen can be taught if campers are at the appropriate skill level. These defensive concepts take considerable time to teach and should be taught as part of a specialized Screen & Roll class or specialty camp.
- Make this drill semi-live with the offense making the right decisions based on how the defense defends the ball screen.
- **Continuous 3 on 3 on 3 or 4 on 4 on 4 with Ball Screen Emphasis. (30 minutes)**

Move ARM’s away from Baskets.

 - Use assigned teams to play 3 on 3 on 3 or 4 on 4 on 4 Continuous (often called cutthroat)
 - Require each offensive player be in “triple threat stance” and that each player must touch the basketball before a shot is taken.
 - Call a turnover if an athlete fails to get into a triple threat stance or if all offensive players fail to touch the ball. On any turnover the defense goes on offense and a new team rotates in and becomes the defensive team.
 - Require that a Ball Screen must be set before a shot is taken giving the chance for both the offense and defense to work on skills and concepts just introduced in the screen & roll breakdown.
 - If offense scores they stay on offense and a new defensive team rotates on. The defense moves to offense if they get any type of stop – a rebound a missed shot or force a turnover.
 - The ball should be passed to the coach while teams transition onto the court or from defense to offense. The coach should pass the ball to the offensive team and make sure the offensive team calls out their score. Each basket is 1 pt (if any 3-pt shots are made they are worth 2 pts).
 - This is continuous 3 on 3 and should be played at game like intensity as much as possible. Suggestion is to put a 30-second shot time limit for the offense (if needed) and cap dribbles to a maximum of 3 for each offensive player. The 3 dribbles start over when the athlete passes or shoots the ball.
 - It is ideally best to have three teams playing at a single basket so that only one team is off, which forces them to pay attention to the action on the court and allows them to rotate on quickly as either the new defensive or offensive team.
 - Play several games over 5-minute time limits. Have teams keep track of their scores. Move teams around based on their scores-top scoring teams on same court, lower scoring teams on same court.
- **Competitions- One Minute Elbow Shots and Quickfire on skill courts (20 minutes on each for 40 minutes total)**
 - Split up into two equal groups with one group on the shooting courts and the other group on the skill courts,
 - **Shooting Courts:** Have athletes try and make as many elbow jumpers as they can in one minute. Set ARM on Free Shooting marking both the right and left elbows for the ARM to pass to.
 - Record or note the Splash Zone analytics for the athlete after 1 minute.

- Recognize the number of shots the athlete makes but also explain to them their Splash Zone analytics (dial breakdowns).
- if time allows have athletes do the drill a second time trying to improve their score and analytics.
- **Skill Courts:** Set each skill court for a Group Quickfire competition.
- Based on numbers you may have to place several athletes together on a skill court and have them alternate passing the ball at the quickfire targets. This can be fun and will take some teamwork.
- Play as many Quickfire games in the 20-minute time frame as possible (hopefully three).
- After 20 minutes switch the groups
- **Wrap-up (5 minutes)**
 - Call on campers to recite the thought of the week and emphasis of the day:
Thought of the Week: Excellence is the gradual result of always striving to get better.”
 - **Emphasis of the Day:** Always giving your best! Remind campers about the importance of giving their best and striving to get better.
 - Rewards for those campers who can recite the quote of the day. Popsicles, hamburger coupons from a local establishment, or some Shoot 360 swag.
 - “We will have another great day of camp tomorrow”!

DAY3 OVERVIEW

Excellence is the gradual result of always striving to get better"- Pat Riley

Camp Quote of the Week: Excellence is the gradual result of always striving to get better"- Pat Riley

Emphasis for Day #3: Encouragement & being a great teammate!

Before Camp Checklist:

- ☐ Court mopped & tech turned on + calibrated (ready for warm ups)
- ☐ Make sure camp registration is ready to be checked in.
- ☐ Turn on TV to correct playlist & turn on music to correct playlist
- ☐ Turn the volume up on the shooting courts.
- ☐ Adjust the cranks on the ARMs to mid-range height.
- ☐ ORV are called for today (get most detail about athletes +notes on scheduler)
- ☐ Team Huddle to prepare for day (5-10 min before door opens)
- ☐ Every coach has schedule + suppllies + wistle
- ☐ **Ensure staff are energized, prepared, and understand the game plan.**

Doors open: 8:30 DO NOT let athletes in before 8:30 - this is your time to prepare - you look unprofessional when you are unprepared - camp starts promptly at 9AM - never allow a 1 athlete / 1 coach only situation

DAY3 PLAN

Excellence is the gradual result of always striving to get better"- Pat Riley

8:30 - 9:00 Warm-up - camp stats promptly at 9 - regardless

9:00 Quote of the Week & Emphasis of the Day (30 minutes)

9:30 Team Tag Warm up: (10 minutes)

9:40 Advantage Lay-Ups and Finishing at the Basket (20 minutes)

10:00 3 on 2 Attacking the Basket (20 minutes)

10:20 Setting & Using Screens (20 minutes)

10:40 Games 3 on 3 or 4 on 4 (30 minutes)

11:10 Water Break (10 minutes)

11:20 Stations: Dribbling/Ball Handling, Lay-Ups, Advantage Lay-Ups, Shooting, Rebounding & Finishing (10 minutes each - total of 50 minutes) P. 21-23 9. Water Break (5 minutes)

12:10 LUNCH

12:40 Competitions-One Minute HIT Elbow Shots, Quickfire (60 min)

1:40 Wrap up with Head Coach (20 minutes)

DAY3 DETAILS

Excellence is the gradual result of always striving to get better”- Pat Riley

- **Introduction: (10 minutes)**
 - Team Lines and Roll Call
 - **Review Camp Quote of the Week:** Excellence is the gradual result of always striving to get better”- Pat Riley
 - **Emphasis of the Day:** Encouragement & being a great Teammate.
- **Team Tag Warm Up (15 minutes)**
 - Split teams up into two equal groups-place a coach on a team if needed to balance out.
 - Have groups facing each other but separate them and spread them as far apart as possible (this will be determined by the size of your facility and how much court space you have available).
 - You may want to have one team wear pinnies or wrist bands to distinguish the teams. If you do not have either of those items to separate the teams be creative and separate the teams by shirt colors or shoe colors, etc.
 - The goal is to tag as many of the other team’s athletes as possible. When an athlete gets tagged they must step out of the playing area and return to their team’s starting point. The winning team is determined by the last person left and whichever team they are identified with.
 - The game will go quickly, so you will have the opportunity to play several times and really get athletes warmed up.
 - Reinforce that great basketball players can change speed and change direction effectively!
 - **Variation 1:** Give every athlete on both teams a basketball, athletes can only tag someone on the other team using the basketball. If they drop the basketball they are immediately out.
 - **Variation 2:** Give only one team basketballs and they are the taggers (this is a terrific way to play if you are having trouble splitting up and identifying two different teams). Time how long it takes the team with the basketballs to tag all the other team without the basketballs. Switch it up and give the balls to the other team and time them. The winning team is the one who can tag everyone the quickest. Play several times.

- **Variation 3:** Tagging team tries to tag the other team while they are all dribbling a basketball. This version goes fast but allows you to see who the quickest and most skilled dribblers are. Again, time and see how long it takes the tagging team to tag all the dribblers. Switch it up and give the balls to the other team and require them to dribble while eluding being tagged. The winning team is the one who can tag everyone the quickest. If an athlete double dribbles, travels with the basketball they are out. Play several times.
- **Variation 4:** Get every athlete on both teams a ball and all athletes must dribble (appropriately) while trying to tag or elude being tagged. This version is more challenging and might be too difficult for lesser skilled athletes, But it is a fantastic way to quickly assess dribbling skills of the athletes in your clinic. Emphasize dribbling with your head up!
- **Important Safety reminders:** Remind all athletes to keep their “head on a swivel” and being constantly aware of running into other people. Assess your facility and make sure you have enough room for Team Tag play and that there are no safety hazards. Do not play if you believe there is not a safe, sufficient, playing area space...Do a Dynamic Warm-up instead.
Athletes of all ages and basketball skill levels enjoy this activity and it serves as a
- fun and applicable basketball warm-up.
- **Advantage Lay-ups Drill-Finishing at the Basket (20 Minutes) move ARM's away from baskets.**
 - Same drill as yesterday starting at the Elbows but also add a baseline attack component.
 - After numerous reps/competitions from the elbow move to the baseline with the offensive player facing the baseline while holding the ball with their back towards the defender.
 - The Defender should also be facing the baseline but should be a ½ step behind and above the offensive player.
 - The baseline format of this drill really reinforces the importance of angles for attacking the basket.
 - For maximal offensive success, the offensive player's initial step should be a quick forward step right in front of the defender while attacking the basket.
 - Player A attacks the basket off the dribble and Player B reacts defensively and tries to stop Player A from scoring a lay-up.
 - Player A should shoot a running lay-up if there is an advantage and should shoot a jump stop power lay up if Player B is even or ahead.
 - This is an “Open Skill” drill that simulates game like shooting sequences.
 - Stress the importance of gaining the angle advantage for the offensive player
 - this means stepping in front of the defender while attacking the basket and keeping the defender behind you while attacking the basket.
 - **Competition:** Allow the defender to start even with the offensive player on the baseline.
 - If the Offense scores they earn a point and stay on Offense and a new defender rotates on.

- If the defense gets a stop they get a point and rotate to offense.
- Have players keep track of their points. Works best with 3-5 athletes at a basket but certainly more can be placed at a basket depending on numbers.
- **3 on 2 Breakdown Attacking the Basket (20 Minutes) Move ARMs away.**
 - Good breakdown drill that simulates making the right decisions attacking the basket in a 3 on 2 situation. It is a good progression from the previous day's work with 2 on 1.
 - Put 8-10 athletes at each shooting court baskets.
 - Place 2 defenders D1 at FT line & D2 in the lane in front of the basket, remaining athletes should form three lines left, middle, and right just above the 3-pt line.
 - O1 should be on the left side, O2 should be in the middle with the ball and O3 should be on the right side.
 - O2 attacks on the dribble and O1 & O3 attack while staying wide.
 - Make sure attacking offensive players maintain good spacing forcing the defenders to make a decision on how they will stop the ball.
 - O2 should dribble penetrate as deep as possible until stopped. If O2 is stopped they should make a strong pass to either O1 or O3. O2 should follow the pass to whichever ball side elbow they passed to.
 - It is the job of O1 & O3 to read how D1 & D2 react when that first pass is made.
 - **Important teaching point:** The offense should try and score in two passes or less. This is a fastbreak situation and if it takes more than two passes the rest of the defense will be back.
 - Emphasize to D1 & D2 the importance of communicating. D1's primary job is to stop the ball and force the pass. D2 then should communicate to D1 that they will take the "first pass". D1 would then typically drop into the lane to stop the direct pass through the lane.
 - If D1 & D2 do not give up a Lay-up and force the offense to take a shot from outside the lane they have done their job.
 - It should be noted that many teams today use a 3 on 2 break to shoot an uncontested 3-pt.
 - For the best opportunity of success emphasize that the offense is trying to score as close to the basket as possible.
 - Again, a great breakdown drill for teaching 3 on 2 fastbreak offensive decisions and defensive coverage.
 - The drill is live until the offense scores, or the defense gets a stop.
 - **Rotation:** The passer and shooter stay on defense.
 - Once athletes have it down, make it competitive. D1 and D2 each get a point for a stop; offensive players each get 1 point for scores. Have athletes keep track of their points. Play for several minutes. Play a game with the top scorers from each basket for a champion.
- **Setting and Using Screens (20 Minutes) Use the ARM**
 - **Start this breakdown drill with three lines of athletes:** P1 on the left wing, P2 at the top of the circle, and P3 on the right wing.
 - Set the ARM for free shooting with the ball being passed to the top of the circle to P2.

- P2 then passes the ball to P3 at the right wing. P2 then sprints to set a screen for P1 one step below the left elbow.
 - P1 should take two hard steps towards the baseline to set the defender up and get below his offensive teammate P2.
 - Demonstrate to P1 how to curl cut off the screen based on a defender trailing the screen.
 - Emphasize to P1 the importance of cutting hard and tight off P2's screen.
 - P3 should pass the ball to P1 below the free throw line area for a mid-range jumper as they execute a curl cut off the screen.
 - Do this several times and then switch up the screening sides with P2 now passing to P1 and setting the screen for P3.
 - Introduce the Flare cut off the screen.
 - The Flare cut is utilized when the defender goes over the top of the screen.
 - Demonstrate the Flare cut action which is one or two backwards steps directly away from the screener.
 - Work on the Flare cut action with the screen being set by P2 for both P1 and P3.
 - Reminder that typically an overhead pass is made to a teammate when a flare cut is executed.
 - Add three defenders and go semi-live with this drill. Tell the defense how they should play the screen (trail or ball side/over the top) and see if the offensive player can make the right decision with their cut.
- **GAMES: 3 on 3 or 4 on 4 (30 Minutes)**
 - Whether your teams are broken down into 3's or 4's set up a format to play half court games.
 - Require that a screen away must be made before a shot is taken.
 - **SUGGESTED GAME FORMATS:**
 - 2-3-minute games with the winner staying on.
 - Games to 3 baskets-first team to make 3 baskets stays on.
 - Keep Games moving so teams are not waiting.
 - Keep track of Wins for Teams - making sure teams are balanced.
 - **Water Break (10 minutes)**
 - **Review Quote of the Week:** "Excellence is the gradual result of always striving to get better"
 - **Emphasis of the Day:** Being a Great Teammate. Provide examples of basketball athletes who are great teammates-Magic Johnson, Steph Curry, Sue Bird, Sabrina Ionescu.
 - **Station Work - Five 10-Minute Stations: (Ball Handling & Dribbling, Lay-Ups, Lay-Ups vs a Defender, Shooting, Rebounding & Finishing)**
 - **Station #1: Ball Handling/Dribbling Station (10 Minutes):** Utilize Shoot 360 Skill courts and help participants select appropriate drill pack challenges. Depending on the number of participants you may need to put 2-3 in each skill court.
**Important to assign appropriate drill packs for the athlete based on observed skill level in previous skill/drills.*
 - **Drill Packs:** Athletes should be able to complete at least 2 drill packs in the 10-minute station.

- **Suggested Novice Drill Packs:**

- Ball Handling Level 1(4:30), Combo Level 1 (4:00) & Combo Level 2 (4:00)
Ball Handling Level 1.3 (4:00), Crossover Progression (4:00)

- **Suggested Intermediate Drill Packs:**

- Ball Handling Level 2 (4:00), Combo Level 3 (4:00), Combo Level 4 (4:00),
2-Ball Level 1(4:00), Combo Level 4 (4:00), Ball Handling Level 4 (4:30),
Combo Level 5 (5:00), Combo Level 2.4 (5:00), Behind Progression (3:30),

- **Suggested Advanced Drill Packs:**

- Ball Handling Level 3 (4:30), 2 Ball Level 2 (4:00), Combo Level 3.3 (4:00),
Combo Level 6 (5:00), Combo Level 7 (5:00), Ball Handling Level 5 (4:30),
Ball Handling Level 6 (4:00), Between Progression (4:00)

- **Station #2 Lay-Ups (10 Minutes) Remove ARM from basket(s):** Great reinforcement for athletes of all ages to start with two-foot Jump Stop Lay-Ups.

- Have athletes start at the elbow and take 2 or 3 dribbles with their outside hand towards the basket. As they get close to the basket a jump stop should be executed while shooting a balanced shot off the backboard.
- Emphasize feet shoulder width apart on the jump stop for proper balance.
- For athletes younger than 9-years old lower the rim to 8 ft if possible.
- Have lines at both the right and left elbows with each athlete holding a ball. Athletes should rebound their own shot and switch lines after shooting.
- For athletes 10 years & older progress into the running one hand lay-up.
- **Cues:** Step and plant the non-dominant foot and then step up to the basket with the dominant foot while simultaneously lifting the ball above the shoulders with both hands, then releasing/shooting the lay-up with the dominant hand. Try & keep the ball on the outside shoulder.
- **Progression:** Put a coach under the basket and have the coach make a token effort to steal the ball or give a gentle push on the athlete to challenge them to make the lay-up while being fouled.

- **Station #3: Advantage Lay-Ups vs. a Defender Remove ARM from basket(s): (10 Minutes):**

- Player A starts with the ball at the elbow while Player B starts ½ a step behind as a defender.
- Player A attacks the basket off the dribble and Player B reacts defensively and tries to stop Player A from scoring a lay-up.
- Player A should shoot a running lay-up if there is an advantage and should shoot a jump stop power lay up if Player B is even or ahead.
- This is an “Open Skill” drill that simulates game like shooting sequences.
- This is usually best done with ages 10 and older for maximal success. For the athletes under 10 years old consider doing lay-up competitions. First team to make 7 lay-ups, etc.

- **Station #4: Shooting -Use ARM (10 Minutes) *Put 3 or more athletes together on Shooting Courts and have them alternate turns.**

- **Suggested Novice Level Shooting Drill Packs:**

- Shooting Level 1(9:00), Shooting Level 2 (8:00), Shooting Level 1.3 (6:00),

- **Suggested Intermediate Level Shooting Drill Packs:**
 - Shooting Level 3 (4:00), Shooting Level 4 (8:00), Shooting Level 5 (7:00), Shooting Level 6 (6:00).
- **Suggested Advanced Level Shooting Drill Packs:**
 - Shooting Level 7 (6:00), Shooting Level 8 (6:00), Shooting Level 9 (8:00)
- **Station #5: Rebounding & Finishing: Remove ARM from basket(s): (10 minutes):**
 - Throw the ball off the backboard and catch it and go back up with a “power lay-up.”
 - Then work with a partner or coach who throws the ball off the backboard and makes it carom off the opposite side of the rim where the teammate times and grabs the rebound and then takes it right back up with a power lay-up.
 - Advanced progression is to have the passer become a defender on the rebounder/shooter and defend the power lay-up.
- **Water Break (5 minutes)**
 - **Review Quote of the Week:** “Excellence is the gradual result of always striving to get better.”
 - **Emphasis of the Day:** Encouragement & being a Great Teammate. Ask Campers about the traits they think make a great Teammate.
- **Competitions- One Minute Elbow Shots and Quickfire on skill courts (20 minutes on each for 40 minutes total)**
 - Split Teams into two equal groups with one group on the shooting courts and the other group on the skill courts,
 - **Shooting Courts:** Have athletes try and make as many elbow jumpers as they can in one minute. Set ARM on Free Shooting marking both the right and left elbows for the ARM to pass to.
 - Record or note the Splash Zone analytics for the athlete after 1 minute.
 - Recognize the number of shots the athlete makes but also explain to them their Splash Zone analytics (dial breakdowns).
 - If time allows, let athletes do the drill several times trying to improve their score and analytics.
 - **Skill Courts:** Set each skill court for a Group Quickfire competition.
 - Based on numbers you may have to place several athletes together on a skill court and have them alternate passing the ball at the quickfire targets. This can be fun and will take some teamwork.
 - Play as many Quickfire games in the 20-minute time frame as possible
 - (hopefully three).
 - After 20 minutes switch the groups
 -
- **Wrap-up (20 minutes)**
 - See who can recite the quote of the week and the quote of the day. Provide some guest passes for those campers who can recite the quotes!
 - Come ready for last day - Day #4 tomorrow!

1st ADVANTAGE

DAY 4 OVERVIEW

“Excellence is the gradual result of always striving to get better.”- Pat Riley

Camp Quote of the Week: “Excellence is the gradual result of always striving to get better.”- Pat Riley

Emphasis for Day #5: Competitions & Fun! Favorite Jersey/Shirt Day

Before Camp Checklist:

- ☐ Court mopped & tech turned on + calibrated (ready for warm ups)
- ☐ Make sure camp registration is ready to be checked in.
- ☐ Turn on TV to correct playlist & turn on music to correct playlist
- ☐ Turn the volume up on the shooting courts.
- ☐ Adjust the cranks on the ARMs to mid-range height.
- ☐ ORV are called for today (get most detail about athletes +notes on scheduler)
- ☐ Team Huddle to prepare for day (5-10 min before door opens)
- ☐ Every coach has schedule + suppllies + wistle
- ☐ **Ensure staff are energized, prepared, and understand the game plan.**

Doors open: 8:30 DO NOT let athletes in before 8:30 - this is your time to prepare - you look unprofessional when you are unprepared - camp starts promptly at 9AM - never allow a 1 athlete / 1 coach only situation

1st ADVANTAGE

DAY 4 PLAN

“Excellence is the gradual result of always striving to get better.”- Pat Riley

8:30 - 9:00 Warm-up - camp starts promptly at 9 - regardless

9:00 Introduction/Quote of the Week & Quote of the Day: (30 min)

9:30 Games of Knockout for Warm up (30 minutes)

10:00 1 on 1 King of the Court (25 Minutes)

10:25 Water Break (5 minutes)

10:30 2 on 2 on 2 Continuous (20 minutes)

10:50 Multi Court Quickfire Team Competitions (30 minutes)

11:20 Water Break (5 minutes)

11:25 Multi Court Beat the Pro & Trophy Build (30 minutes)

11:55 LUNCH

12:30 Continuous 3 on 3 on 3 or 4 on 4 on 4 (30 min.)

1:00 Water Break (5 minutes)

1:05 Free Throw Competitions (25 min)

1:30 Wrap up and Closing Ceremony (30 minutes)

DAY 4 DETAILS

“Excellence is the gradual result of always striving to get better.”- Pat Riley

- **Introduction: (10 minutes)**
 - **Review Camp Quote of the Week:** “Excellence is the gradual result of always striving to get better.”-Pat Riley
 - **Emphasis:** Competitions & Fun! Last Day of Camp! Be great in everything you do today.
- **Warm-Up: Knockout Games (30 Minutes) remove ARM's**
 - Knockout Games for Warm-Up!
 - Assign coaches to watch the games.
 - Use all Shooting courts.
 - Designate several baskets as “ The Competition Courts” and one or two baskets as “knockout courts.”
 - When an athlete gets knocked out on one of the Competition baskets they can rotate and keep playing on the Knockout Court(s).
 - Once they get knocked out on the knockout court they should go to a skill court and choose a game to play like bug squash or missile command.
 - Provide a small prize to winners of the Knockout Games.
- **1 on 1 on 1 Continuous (King of the Court) Competitions (25 Minutes) ARM's away from baskets.**
 - Group up athletes as best as possible based on ages and abilities at baskets.
 - Start with one defender and one offensive player competing.
 - Offense stays if they score, and new player/defender rotates on
 - If Defense gets a stop they move to Offense and new player/defender rotates on.
 - Every Basket is worth 1 pt. (3-ptrs can be scored as 2-pts).
 - To speed up play put dribble limit in such as only 4 dribbles or 3 dribbles.
 - **Play for time:** 5 minutes at a basket and then identify winners at each of the baskets at the end of the 5 minutes. Write down the winners.
 - Consider rotating players to different baskets to ensure parity.
 - Play for a total of 25 minutes which would be 5 different competitions.
- **Water Break (5 minutes)**
 - Thought of the week
- **2 on 2 on 2 Continuous (King of the Court) Competitions ARM's away from the baskets (20 Minutes)**
 - Pair up athletes as best possible for balanced teams.

1st ADVANTAGE DAY 4

- The offense stays if they score, and new defensive team rotates on.
- Defense gets a stop they move to offense and new defensive team rotates on.
- Every Basket is worth 1 pt (3-ptrs can be scored as 2-pts).
- To speed up play put a dribble limit.
- **Play for time:** 4 minutes at a basket and then identify winners at each of the baskets at the end of the 4 minutes.
- Consider mixing up teams and moving teams around to different baskets to ensure parity.
- Play for a total of 20 minutes, which would be 5 different competitions.
- Identify winning teams at the end of each 4 minutes.
- **Multi-Court Quickfire Team Competitions (30 minutes)**
 - Teams of 3 and assign those teams/groups to different skill courts . Based on total numbers you may have several groups of 3 on a skill court.
 - Input Court #1, Court #2, etc. on touchpads to identify the name of the group on the skill court.
 - Have a group of 3 start and rotate their throws and catches off the screen.
 - Have each group of 3 play one quarter (90 seconds) and then rotate a new group of 3 on as needed.
 - At the end of the Quickfire game (6 minutes) identify the winning court/group.
 - Groups should be able to play at least three quickfire games during the 30-minute time frame.
- **Water Break (5 minutes)**
- **Multi-Court Beat the Pro and Trophy Build Competitions (30 minutes)**
 - Organize even groups of players at each basket and assign those groups to different shooting courts.
 - Help athletes set up a game of Beat the Pro on touchpads.
 - Have athletes take turns shooting the basketball while playing beat the Pro.
 - See which basket/group can Beat the Pro the quickest...or more likely is eliminated last.
 - Play several games of Beat the Pro and identify the winning baskets/group each time.
 - Consider playing Trophy Build with the same type of format if time allows.
- **Continuous 3 on 3 on 3 or 4 on 4 on 4 games (30 minutes) Move ARM's away from Baskets.**
 - Continue to require that each offensive player be in "triple threat stance."
 - Call a turnover if an athlete fails to get into a triple threat stance.
 - If offense scores they stay on offense and a new defensive team rotates on. The defense moves to offense if they get any type of stop – a rebound a missed shot or force a turnover.
 - No requirements for each player to touch the ball or screen requirements before a shot is taken.
 - Just let them play.
 - Play 5-minute games at each basket. Identify winning teams at the end of the 5-minutes. Mix up teams as needed to keep the parity.
- **Water Break (5 minutes)**

1st ADVANTAGE DAY 4

- **Free Throw competitions Use ARM's (25 minutes)**
 - Place even number of athletes at each basket.
 - Set touch pads to free shooting mode with ARM passing the ball to the free throw line.
 - Each athlete should shoot 10 Free throws.
 - Have athletes report their made free throw score to a coach.
 - Have a culminating Free throw competition for any athlete that makes 8, 9 or 10 free throws.
 - Use Precision Free Throw Game Competition to get a final winner.
- **Wrap-up and Camp Awards (30 minutes)**
 - Conduct a short closing ceremony recognizing the campers and thanking parents for having their child at Shoot 360 Camp Spring Break Camp. Call on campers to help with reciting the Quote of the Week and the emphasis of the day.
 - Recognize winners from games and competitions played today.
 - Recognize Camper(s) of the Week with a certificate and some sort of Shoot 360 swag.
 - Provide Campers with information about all that Shoot 360 has to offer and the benefits of becoming a Shoot 360 Member!
 - Make sure Campers and parents do not leave without info on becoming a member!