

TEAM CAMP DAILY SCHEDULE

Monday, Tuesday, Wednesday

7:00 – 8:00            BREAKFAST  
 8:00 – 8:30            WARM UP – OPEN PRACTICE  
 8:30 – 9:30            STATIONS – STAY W/PARTNER, SWITCH EVERY 15 MIN.

STATION #1 – MAN TO MAN OFF/DEF >  
 STATION #2 – ZONE OFF/DEF >

Sessions		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
4	9	14

9:30 – 10:00            ½ COURT GAMES  
2 GAMES                    3 GAMES

10:00 – 10:45            10:00 – 10:40 GAMES>  
 10:45 – 11:30            10:40 – 11:20 GAMES>  
                                  11:20 – 12:00 GAMES>

Sessions		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
5	10	15

11:30-12:30            LUNCH

1:00 - 1:45            **FUNDAMENTAL SESSION – OPTIONAL FOR INDIVIDUAL WORK**  
**at Western Oregon Main Gym – WM1/WM2**

1:30 – 2:00            TEAM PRACTICES (OPTIONAL: ON OWN)

2:00 - 2:25            STATION #1 TRANSITION >  
 2:25 - 2:45            STATION #2 ½ COURT MAN TO MAN >  
 2:45 – 3:05            STATION #3 ½ COURT ZONE >  
 3:05 -3:30            STATION #4 FULL COURT PRESS

Sessions		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
6	11	16

2 GAMES                    3 GAMES  
 3:30 – 4:15            3:30 – 4:10    GAMES>  
 4:15 – 5:00            4:10 – 4:50    GAMES>  
                                  4:50 – 5:30    GAMES>

Sessions		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
7	12	17

5:00-6:00            DINNER

2 GAMES                    3 GAMES  
 6:30 - 7:15            6:30 – 7:15            GAMES >  
 7:15 – 8:00            7:15 – 8:00            GAMES >  
                                  8:00 – 8:45            GAMES >

Sessions		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
8	13	18

8:45 – 9:45            Monday - Team Building Activity  
                                  Tuesday – Air Band

