









## HNS Basketball Camp Daily Agenda

The daily agenda has been developed through the years to provide the best mix of physical activity, practice, instruction and fun. Take a look at our schedule for a week-long session:

### MONDAY

the facility and instructions on what the expectations are during camp and emergency drills. During the morning stations, campers will do lots of repetitions during the course of the week. Each drill and level is designed to prepare the students for the next level. Student campers will do most of the reps for the first two days. As the week goes on, we start to add more and more fun. In this way, we can keep the kids motivated and working hard.

Deliverables will be the main focus during stationary drills of each week

8:30am Early drop offs

Reading, TV time, electronics - each child be responsible for their devices

9:00am Talk time (HNS Academy philosophy; Why is it important to be a student first and an athlete second?)

9:30am Stretching exercises, warm - up

9:45am Stationary drills (1); Work on repetitions; Drills, drills, drills

10:30am Snack break

10:40am Free play

10:50am Stationary drills (2)

12:00pm Lunch and free time (kids are usually playing soccer, sand games, basketball games, electronics,

12:45pm Speaker and rest time

1:00pm Half Day students dismissed

1:05pm Line drills without and with the balls

1:55pm Water break/Free play

2:10pm Back to stationary drills

2:55pm Recap of the day

3:00pm Release to parents

3 - 5pm Late Pick Up (campers will be monitored until parents arrive) before 5pm.

Reading, TV time, electronics - each child be responsible for their devices

**Late fees:** HNS Academy reserve the right to charge \$5 - \$30 if parents who arrive after 5pm.

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### Tuesday

On Tuesday, we introduce station work. This is the kids 'favorite way to work at their skill development. We have stations set up all around the gym. Counselors will demonstrate each drill at each station. Every 10-15 minutes, we will rotate. At most shooting drill stations, campers will get off plenty of shots. This allows counselors to correct shooting techniques with each shot taken.

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We will recap and add more to the same drills

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### Wednesday

By the end of the first two days of our camp, the kids have already put in more work than would in a whole week at any other camp. By Wednesday morning, they will show up a little sore because of our drills that will build new muscles. We will then introduce them to 2 - 3 plays: motion, fist, & triangle.

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9:00am Talk time (HNS Academy philosophy; Why is it important to be a student first and an athlete second?)

9:15am Stretching exercises, warm - up

9:30am	Stationary drills (1); Learning offensive or defensive strategies
10:30am	Snack break
10:40am	Free play
10:50am	Stationary drills (2); Learning offensive or defensive strategies
12:00pm	Lunch and free time (kids are usually playing soccer, sand games, basketball games, electronics,
12:45pm	Speaker and rest time
1:00pm	Half Day students dismissed
1:05pm	Compete against players from what you learned that morning
1:55pm	Water break/Free play
2:10pm	Correct and compete more from the morning lesson
2:55pm	Recap of the day
3:00pm	Release to parents
3 - 5pm	Late Pick Up (campers will be monitored until parents arrive) before 5pm. Reading, TV time, electronics - each child be responsible for their devices
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### Thursday

By now, the campers would have learn a lot about basketball. They will be challenge to retain the information they have learned thus far. Youth will have a new love for the game of basketball. Again, we will do a quick recap.

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We will recap and add more to the same drills

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12:00pm	Lunch and free time (kids are usually playing soccer, sand games, basketball games, electronics,
12:45pm	Speaker and rest time
1:00pm	Half Day students dismissed
1:05pm	Compete against players from what you learned that morning: <b>2 - 3 plays: motion, fist, &amp; triangle.</b>
1:55pm	Water break/Free play
2:10pm	Correct and compete more from the morning lesson: <b>2 - 3 plays: motion, fist, &amp; triangle.</b>
2:55pm	Recap of the day

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We will recap and add more to the same drills

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9:00am	Talk time (HNS Academy philosophy; Why is it important to be a student first and an athlete second?)
9:15am	Stretching exercises, warm - up
9:30am	Stationary drills (1); Learning offensive or defensive strategies
9:50am	Shooting Contest: free throw; around the world; dunk contest (goals will be adjusted)
10:30am	Snack break
10:40am	Free play
10:50am	Stationary drills (2); Learning offensive or defensive strategies
12:00pm	Lunch and free time (kids are usually playing soccer, sand games, basketball games, electronics, At times, HNS may schedule a <b>SURPRISE LUNCH PARTY</b> for the kids!
12:45pm	Speaker and rest time
1:00pm	Half Day students dismissed
1:10pm	Games; campers will run plays and show what they learned through a week of camp
1:55pm	Water break/Free play
2: 00pm	Contest (FINALS): free throw; around the world; dunk contest (goals will be adjusted)
2:20pm	Games; campers will run plays and show what they learned through a week of camp <b>AWARDS FROM CONTEST!!</b>
2:55pm	Recap of the day
3:00pm	Release to parents
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