



# July 24,25,26,27

## 5<sup>th</sup>-8<sup>th</sup> Overnight Camp

### Camp Description

This camp provides an atmosphere where skill development, fun and an appreciation for the game of basketball grows in our campers. The focus is teaching fundamental basketball in a fun and exciting way. Sessions include demonstration, drills, competitions, and game play. Campers will be supervised and co-habituate with UW-Stout players, coaches and residence hall staff.



5<sup>th</sup>-8<sup>th</sup> Overnight Skills  
Camp

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Skill Sessions, Contests,  
Guest Speakers, Game  
Play

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Skill Development in a  
College Atmosphere

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Skill Work Focused on  
Fun & Improvement

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Affordable  
\$250 Overnight  
\$200 Commuter

UW-STOUT CAMP  
DIRECTOR  
Jim Lake

231-250-3283

Wednesday – July 24

2:00-3:00 pm Registration – Hall

3:15 pm Dorm Hall Camp Meeting – Hall

3:30 pm Basketball Camp Meeting – Hall

4:00-4:30 pm Session 1 – Skill Assessment

4:30-5:00 pm Session 1 – Cutthroat Assessment

1 on 1

2 on 2

3 on 3

5:00-5:30 pm Session 2 Stations

Ball handling – Stationary – 1 ball

Lay-ups – regular, middle reverse, baseline reverse, pro hop, euro

Passing – Stationary, on the move

5:30-5:45 pm **Lightning Challenge – Camp Championship**

5:45-6:00 pm **Dribble Knockout – Camp Championship**

6:15 pm Pizza in JFH – Gatorade in Jugs – Apples

Coaches Draft teams in Locker room

7:00-7:10 pm Dynamic Stretching

7:10-7:25 pm Offense Demonstration

7:25-7:55 pm Team Practice 1

Put in Offense – 5 out/4 out 1 just Basket Cutting

1 BLOB

8:00-8:45 pm Games

9:00 pm Dismiss to Dorms/Commuters Picked Up at JFH

10:00 pm Rooms

11:00 pm Lights Out

Thursday – July 25

8:15-8:45 am	Breakfast – JFH (Continental)
9:00-9:10 am	Dynamic Stretching
9:10-9:40 am	Session 3 Full Court Stations – Full Group Ball handling – Cone Dribbling Lay-ups - MSU Circle Passing
9:40-10:10 am	Session 4 Fastbreak 2-0 Fastbreak 11 Man Fastbreak 3 on 2/2 on 1 Fastbreak
10:10-10:20 am	<b>Gatorade Challenge – Camp Championship</b>
10:20-10:30 am	Team Practice 2 Review Offense & BLOB
10:30-11:00 am	Game Play
11:00 am	Dorm (Camper must bring stuff for swimming)
Noon – 1:00 pm	Lunch – The Commons
1:30-2:00 pm	Guest Speaker
2:00-2:10 pm	Dynamic Stretching
2:10-2:40 pm	Session 5 Shooting Stations Single Screen Shooting Mechanics Flair Screen
2:40-3:00 pm	Session 6 Fastbreak Stations – Full Group 2-0 Fastbreak 11 Man Fastbreak
3:00-3:15 pm	<b>Star Shooting Challenge – Camp Championship</b>
3:15-3:45 pm	<b>2 on 2 Kings Court Challenge – Camp Championship</b>
3:45-5:30 pm	Pool Time – Wakanda Park
6:00-7:00 pm	Dinner – Fireside (MSC) – Pizza Orders
7:00-7:10 pm	Dynamic Stretching
7:10-7:25 pm	Offense Demonstration
7:25-7:55 pm	Team Practice 3 Put in Offense – 5 out/4 out 1 add Singles/Flairs Add a Side Ball Screen call “Fist”
8:00-8:45 pm	Games
9:00 pm	Dismiss to Dorms/Commuters Picked Up at JFH
9:30 pm	Pizza Orders Delivered - Dorm
10:00 pm	Rooms
11:00 pm	Lights Out

Friday – July 26

8:00-8:45 am	Breakfast – JFH (Continental)
9:00-9:10 am	Dynamic Stretching
9:10-9:40 am	Session 7 Stations Ball handling – Stationary – Two Ball Lay-ups - regular, middle reverse, baseline reverse, pro hop, euro Passing, Catching, Pivoting
9:40-10:10 am	Session 4 Shooting Stations SBS Post Moves
10:10-10:20 am	<b>Free-throw Challenge – Camp Championship</b>
10:20-10:30 am	Team Practice 4 Review Offense & BLOB Review ‘Fist”
10:30-11:00 am	Game Play
11:00 am	Dorm
Noon – 1:00 pm	Lunch – Blue Devil Market (MSC)
1:00-2:30 pm	Movie – Dorm
2:30-2:40 pm	Dynamic Stretching
2:40-3:00 pm	Session 8 Stations Chair Dribbling – Crossover, Between the Legs, Spin, In/Out Crossover 2-0 Drive and Kick
3:00-3:15 pm	Session 9 Defensive Stations Rebounding – Hit, Find, & Fetch Closing Out Ball, Deny, Help
3:15-3:25 pm	Circle Passing
3:50-4:00 pm	<b>1 on 1 – Camp Challenge - Champ Championship</b>
4:00-6:00 pm	Movie - “Space Jam”
6:00-7:00 pm	Dinner – Fireside (MSC) – Pizza Orders
7:00-7:10 pm	Dynamic Stretching
7:10-7:25 pm	Offense Demonstration
7:25-7:55 pm	Team Practice 5 Put in Offense – Drag, Window, Drift Review Offense, BLOB, & Fist
8:00-8:45 pm	Games
9:00 pm	Dismiss to Dorms/Commuters Picked Up at JFH
9:15 pm	NBA2K Tournament – Dorm – Camp Championship
9:30 pm	Pizza Orders Delivered - Dorm
11:15 pm	Rooms
11:30 pm	Lights Out

Saturday – July 27

8:00-8:45 am	Breakfast – JFH (Continental)
9:00-9:10 am	Dynamic Stretching
9:10-9:20 am	Offense Demonstration
9:20-9:40 am	Team Practice 6 Review Offense & BLOB Review ‘Fist”
9:40-10:10 am	Session 10 Stations Ball handling – On the Move – Two Ball Lay-ups – Against the Pad Shooting – Singles – Two Ball
10:10-10:40 am	Session 11 Full Court Stations – Full Group Circle Passing 2-0 Fastbreak 11 Man Fastbreak
10:45-11:45 am	Game Play
11:45 am – 12:15 pm	Award Ceremony
12:15 pm	Dorm Check Out