

Elite Camp Schedule

July 15th - 19th



8:30 - 9:00 -> Check In / Shoot Around

9:00 - 9:30 -> Ladders - Footwork

9:30 - 10:00 -> Form Shooting - Ball Screen Drills

10:00 - 10:05 -> Water Break

10:05 - 10:45 -> OP Counselor Lead Stations

10:45 - 11:20 -> League Games

11:20 - 11:45 -> Lunch

11:45 - 12:20 -> Competitive OP Practice Drills

12:20 - 12:50 -> Small Sided 2v2 - 3v3 Concept Games

12:50 - 1:30 -> League Games

1:30 -> Dismissal