

# Shooting Camp

August 1st - 5th



**8:30 - 9:00 -> Sign In - Free Shoot**

**9:00 - 9:30 -> Form Shooting - Using Ball Screens**

**9:30 - 10:00 -> Footwork - Shooting off the Catch Drills**

**9:55 - 10:35 -> Stations (Counselor Lead)**

**10:35 - 11:10 -> Full Court Games #1 / #2**

**11:10 - 11:40 -> Shooting Contest of the Day**

**11:40 - 12:15 -> Full Court Games #3 / #4**

**12:15 -> Dismissal**

- **Each Camper will have their shot filmed and be given a breakdown of their form, how to improve it, and drills that can be implemented to improve their shooting stroke for the future! This will be sent to them at the end of the week.**