

IGBRR Indiana Preseason Prospect Camp Agenda



9:30-10:15

Registration (Individual photos)

10:30-11:00

Meet with Players / Coaches - Class & Group Pics

Active Warmup

11:00-12:15

Drill 2 Skill (4 Stations, 16 minutes)

Station 1 Drill 2 Skill Workstations (Court 1)
Station 2 Drill 2 Skill Workstations (Court 2)
Station 3 Drill 2 Skill Workstations (Court 3)
Station 4 Full Court Training (Court 4)

12:15 –12:45

1st Round of 3 Pt (Court 1)

1st Round of Hot Shot (Court 2&3) 4 baskets

1st Round of Skills Challenge (Court 4)

Snack Break

12:45 – 2:00

5 v 5 Runs (Two 15-minute running halves clock)

12:45-1:20 Teams 1v2 (ct1), 3v4 (ct2), 5v6 (ct3), 7v8 (ct4)

1:25-2:00 Teams 3v5 (ct1), 1v8 (ct2), 2v7 (ct3), 4v6 (ct4)

2:00-2:15

2nd Round 3 Pt & Hot Shot (Courts 1-3 Final 8)

2nd Round Skills Challenge (Court 4 – Final 8)

2:15- 3:30

5 v 5 Runs (Two 15-minute running clock halves)

2:15–2:50 Teams 4v8 (ct1), 2v6 (ct2), 5v7 (ct3), 1v3 (ct4)

2:55-3:30 Teams 3v8 (ct1), 4v7 (ct2), 1v6 (ct3), 2v5 (ct4)

3:30-4:00

3 Point Championship

Hot Shot Championship

Skills Challenge Championship

All-Camp Team

Wrap up