

IGBRR Preseason Prospect Camp Agenda



9:30-10:15	Check-In: Wavier, Jersey, Individual photo, Warm-up
10:15-10:45	Meet with Players / Coaches - Group Photos - Teams
10:45-11:00	Active Warm-up
11:00-12:00	Drill 2 Skill (4 Stations, 12 minutes each station) 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)
12:00 –12:30	1st Round of 3 Pt (Court 1) 1st Round of Hot Shot (Court 2&3) 1st Round of Skills Challenge (Court 4) Snack Break
12:30 – 1:45	5 v 5 Runs (20-minute running clock) 12:30-12:50 Teams 1v2 (ct1), 3v4 (ct2), 5v6 (ct3), 7v8 (ct4) 12:55-1:15 Teams 1v2 (ct1), 3v4 (ct2), 9v10 (ct3), 11v12 (ct4) 1:20-1:40 Teams 5v6 (ct1), 7v8 (ct8), 9v10 (ct3), 11v12 (ct4)
1:45-2:00	2nd Round 3 Pt & Hot Shot (Courts 1-3 Final 8) 2nd Round Skills Challenge (Court 4 – Final 6)
2:00- 3:15	5 v 5 Runs (20-minute running clock) 2:00-2:20 Teams 5v7 (ct1), 6v8 (ct2), 9v11 (ct3), 10v12 (ct4) 2:25-2:45 Teams 5v7 (ct1), 6v8 (ct2), 1v3 (ct3), 2v4 (ct4) 2:50-3:10 Teams 9v11 (ct1), 10v12 (ct8), 1v3 (ct3), 2v4 (ct4)
3:30-4:00	Hot Shot Championship Skills Challenge Championship 3 Point Championship All-Camp Team Wrap up