



OTA Basketball Camp Day 1 – Monday

8:45 – 9:10: Registration Check In

8:45-9:10: Free Shoot Around and Coaches Challenge

- Free Throws vs Coaches
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Warm Up Game

- Knockout
- Pizza Shootout
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- Dribbling
- Lay-Ups
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Practice Games

- NCAA Scrimmage Games
- NBA Scrimmage Games

11:30 – 12:00: Blow Out Game

- Numbers Game
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams

1:00 – 1:30: Team Practice

1:30 – 2:45: Practice Games

- NCAA Scrimmage Games
- NBA Scrimmage Games

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Basketball Camp
Day 2 – Tuesday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot and Coaches Challenge

- **Miken Drill (How many lay-ups in 30sec)**
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Practice Games

- **NCAA Scrimmage Games**
- **NBA Scrimmage Games**
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Skill Stations & Fundamentals

- **Shooting**
- **Defense**
- _____ (Fill In)

11:00 – 11:15: Contest

- **Money Basket**

11:15 – 11:45: Practice Games

- **NCAA Scrimmage Games**
- **NBA Scrimmage Games**
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- **Dribble Eliminator**
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams w Assigned Coaches

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games – Schedule

- **NCAA Games**
- **NBA Games**

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Basketball Camp
Day 3 – Wednesday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot and Coaches Challenge

- Knockout Kings (all hoops)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Team Games – Schedule

- NCAA Games
- NBA Games
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Demonstration

- OTA Coach Practice Plan Talk – ‘How to Get Better’

11:00 – 11:45: Team Games

- NCAA Buzzer Beater Tournament Game
- NBA Buzzer Beater Tournament Game
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- Pizza Shootout
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: 2v2 Tournament (First Round)

1:30 – 2:45: Team Games – Schedule

- NCAA Games
- NBA Games

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Basketball Camp
Day 4 – Thursday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot and Coaches Challenge

- 3 Point Shots – Best of 5 spots
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Team Games – Schedule

- NCAA Games
- NBA Games
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Skill Stations & Fundamentals

- Rebounding
- Shooting
- Ball Handling
- _____ (Fill In)

11:15 – 11:45: Team Games – Schedule

- NCAA Gams
- NBA Games
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- Around the World (all hoops)
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games – Schedule

- NCAA Games
- NBA Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Basketball Camp
Day 5 – Friday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot and Coaches Challenge

- Dribble Course (Timed)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Tournament Playoff Games

- NCAA First Round Matchups
- NFL First Round Matchups
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Contests (First Rounds)

- Free Throws
- Hot Shot Lay-ups
- 3 pt
- _____ (Fill In)

11:15 – 11:55: Tournament Playoff Games

- NCAA Second Round Games
- NFL Second Round Games
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Contests (2nd Rounds & Finals)

- Free Throws
- Hot Shot Lay-Ups
- 3 point

1:30 – 2:45: Tournament Playoff Games

- NCAA Championship & Consolation Games
- NFL Championship & Consolation Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal