

BASKETBALL JONES CAMP | DAILY AGENDA (SAMPLE)

- 8:30 COVID SAFETY CHECK-IN
- 9:00 Daily Introduction | Points of Emphasis | Review
- 9:15 Dynamic Stretching | Body Warm-Up
- 9:45 5 v. 5 Games | Within Stable Cohorts (League)
- 10:15 Break | Nourish & Refresh
- 10:40 Team Practice | Leadership & Team Building
- 11:20 5 v. 5 Game | Impose rules based on Daily Points of Emphasis
- 12:00 Lunch 2K21 Tournament | Free Time
- 12:30 Daily Demonstration | Group Drills | Skills Competition
- 1:15 3 v. 3 League | Demonstrate Good Play Emphasis | Scoring System
- 2:00 Break | Nourish & Refresh
- 2:15 5 on 5 Game | Within Stable Cohorts (League)
- 2:50 End of Day Awards | Final Points | Preview
- 3:00 Dismissal

