



2021 SUMMER CAMP AM SAMPLE ITINERARY (PM session is similar)

830 AM – Welcome, Daily Attendance, Discussion of PHH Word Of The Day (Mon-Passion, Tues-Teamwork, Weds-Attitude, Thurs-Character, Fri-Gratitude),

840-935 AM – Drilling a specific fundamental skillset (ball handling, passing, catching, pivoting, protecting, shooting, man-to-man defense and more) daily tied to our hoops concept “Theme of the Day” (Mon-Fingertips to Forearms/Athletic Stance, Tues-Hands and Feet Working Together/Dancing Rhythm, Weds-Let It Fly Shooting Day, Thurs-Defense is a Desire, Friday Fun)

935-945 AM Water Break+Rest including recap of skill work importance

945-1030 AM – Camp Competitions With Daily Winners (i.e. Dribble Knockout, Wall Sit Holds, Hot Shot, Bubble, Shooting Knockout, Speed/Agility Races)

1035-1125 AM – Controlled Gameplay building from 1 on 1 to 3 on 3 to 5 on 5 situations

1130 AM Daily Awards/Dismissal