



On The Court Basketball X-perience™ Summer Camp 2020

On The Court, LLC
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On The Court is committed to following all NJ/CDC COVID-19 guidelines and policies. Players will NOT share equipment. Social distancing will be maintained. Each child is given their own basketball and a set of cones to use during camp and to keep afterward plus an OTC custom t-shirt and prizes!

8:50 - 9:00 Player check-in. Each player is assigned to a coach for the week in age level groups of 10 or less.

Supervised shooting with coaches until camp starts.

9:00 - 9:15 Morning announcements – The basketball topic of the day is Introduced.

Trivia – Campers take a shot for a wrist band if they can stump a coach

9:15 - 9:25 Stretching/plyometrics and Defense Shadow with leaders

Water Break

9:30 - 10:30 Stations: Skills

Skills are introduced, then followed by a fun game or activity for practice

Ball Handling: Dribble series. Basic dribbling drills with increasing difficulty each session. *Ships and Islands or other individual games for practice.

Shooting: Basic jump shot, shot fake, layup form and footwork will be covered throughout the week. *Hot shot, King of the hill for practice.

10:30 - 10:45 Snack break

10:45 - 11:00 Player challenges for prizes.

Water Break

11:05 - 11:55 Stations: Games

Cone Relays: *Shooting, Dribbling

Competitions: *Shoot out, Sideline basketball, etc.

11:55 - 12:00 Final announcements, dismissal

**NO equipment sharing is allowed. Players and coaches are required to maintain social distancing at all times including games and competitions.*