



Hoops City U Track Out Camp Curriculum *2018 - 2019*

Written by Hoops City U Professional Training Staff
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2018-19 Hoops City U Track Out Camp

Day One – Monday

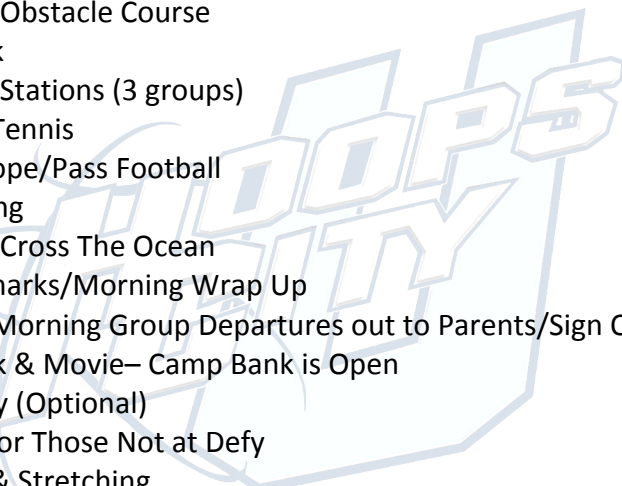
Daily Message: “The Harder You Work, The Luckier You Get”

08:45 AM	Players/Athletes Arrive & Sign In, they can shoot around
09:03 AM	Roll Call, Introductions and Daily Message with Coaches Coaches allow each player to introduce themselves w/ 2 fun facts
09:15 AM	Overview of Rules
09:18 AM	Dynamic Stretching – 1-2 Lines with varying stretches, full warm up.
09:30 AM	Activity #1: Capture The Flag
10:15 AM	Activity #2: Freeze Tag
10:40 AM	Snack Break
10:55 AM	Activity #3: Stations (3 groups) 1. Ping Pong 2. Indoor Tennis 3. Jump Rope/ Toss the Football
11:25 AM	Activity #4: Basketball Games (2v2, 3v3, etc)
11:55 AM	Closing Remarks/Morning Wrap Up *** Escort Morning Group Departures out to Parents/Sign Out
12:00 PM	Lunch Break & Movie– Camp Bank is Open
1:30 PM	Alignment & Stretching
1:40 PM	Activity #5: Indoor Soccer
2:25 PM	Water Break
2:30 PM	Activity #6: Shooting Games/Contests/Knock Out
3:00 PM	Snack Break
3:15 PM	Activity #7: Duck, Duck, Goose
3:45 PM	Activity #8: Red Light, Green Light! & “Mother May I”
4:15 PM	Water Break
4:20 PM	Activity #9: Cross The Ocean
5:00 PM	Conclude

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Day Two – Tuesday

**Daily Message: “NBA players were once just like you, young players in a camp.
Want to make it to their level? Start working like them today”**



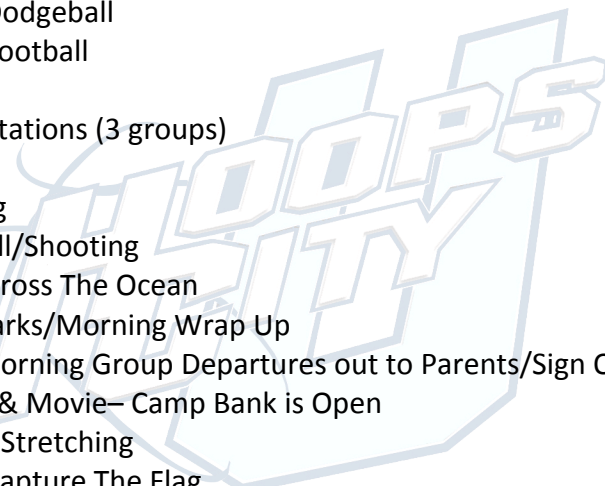
08:45 AM	Players/Athletes Arrive & Sign In, they can shoot around
09:03 AM	Roll Call, Introductions and Daily Message with Coaches
09:05 AM	Dynamic Stretching – 1-2 Lines with varying stretches, full warm up.
09:20 AM	Activity #1: Kickball
10:00 AM	Activity #2: Obstacle Course
10:40 AM	Snack Break
10:55 AM	Activity #3: Stations (3 groups) 1. Indoor Tennis 2. Jump Rope/Pass Football 3. Ping Pong
11:35 AM	Activity #4: Cross The Ocean
11:55 AM	Closing Remarks/Morning Wrap Up *** Escort Morning Group Departures out to Parents/Sign Out
12:00 PM	Lunch Break & Movie– Camp Bank is Open
12:30PM	Defy Gravity (Optional)
1:00 PM	Open Play for Those Not at Defy
1:30 PM	Alignment & Stretching
1:40 PM	Activity #5: Bocce Ball/Closest to Target Contests
2:25 PM	Water Break
2:30 PM	Activity #6: Basketball
3:15 PM	Snack Break
3:15 PM	Activity #7: Freeze Tag
3:45 PM	Activity #8: Knockout, Shooting Games
4:15 PM	Water Break
4:20 PM	Activity #9: Hot Potato (With Tennis Ball)
4:40 PM	Activity #10: Open Play
5:00 PM	Conclude

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Day Three - Wednesday

Daily Message: “We are what we repeatedly do. Excellence, therefore, is not an act but a habit”



08:45 AM	Players/Athletes Arrive & Sign In, they can shoot around
09:03 AM	Roll Call, Introductions and Daily Message with Coaches
09:05 AM	Dynamic Stretching – 1-2 Lines with varying stretches, full warm up.
09:20 AM	Activity #1: Dodgeball
10:15 AM	Activity #2: Football
10:40 AM	Snack Break
10:55 AM	Activity #3: Stations (3 groups) 1. 4 Square 2. Ping Pong 3. Basketball/Shooting
11:35 AM	Activity #4: Cross The Ocean
11:55 AM	Closing Remarks/Morning Wrap Up *** Escort Morning Group Departures out to Parents/Sign Out
12:00 PM	Lunch Break & Movie– Camp Bank is Open
1:30 PM	Alignment & Stretching
1:40 PM	Activity #5: Capture The Flag
2:25 PM	Water Break
2:30 PM	Activity #6: Badminton
3:15 PM	Snack Break
3:30 PM	Activity #7: Volleyball
4:15 PM	Water Break
4:20 PM	Activity #8: Board Games/Tik Tak Toe/Puzzles
5:00 PM	Conclude

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Day Four – Thursday

Daily Message: “The smaller the detail the greater the value”

08:45 AM	Players/Athletes Arrive & Sign In, they can shoot around
09:03 AM	Roll Call, Introductions and Daily Message with Coaches
09:05 AM	Dynamic Stretching – 1-2 Lines with varying stretches, full warm up.
09:20 AM	Activity #1: Baseball/Whiffleball
10:05 AM	Activity #2: Dodgeball
10:40 AM	Snack Break
10:55 AM	Activity #3: Stations (3 groups) 1. Lacrosse Passing 2. Handball 3. Ping Pong
11:35 AM	Activity #4: Superhero Tag
11:55 AM	Closing Remarks/Morning Wrap Up *** Escort Morning Group Departures out to Parents/Sign Out
12:00 PM	Lunch Break & Movie– Camp Bank is Open
1:00 PM	Open Play/Movie End
1:30 PM	Alignment & Stretching
1:40 PM	Activity #5: Indoor Tennis
2:25 PM	Water Break
2:30 PM	Activity #6: Basketball
3:15 PM	Snack Break
3:15 PM	Activity #7: Duck, Duck, Goose
3:45 PM	Activity #8: Knockout, Shooting Games
4:15 PM	Water Break
4:20 PM	Activity #9: Board Games/Tik Tak Toe/Puzzles
5:00 PM	Conclude

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Day Five – Friday

Daily Message: “Work Towards Your Dreams, Train Towards Your Goals”

08:45 AM	Players/Athletes Arrive & Sign In, they can shoot around
09:03 AM	Roll Call, Introductions and Daily Message with Coaches
09:05 AM	Dynamic Stretching – 1-2 Lines with varying stretches, full warm up.
09:20 AM	Activity #1: Bocce Ball/Closest to Target Contests
10:05 AM	Activity #2: Indoor Tennis
10:40 AM	Snack Break
10:55 AM	Activity #3: Stations (3 groups) <ol style="list-style-type: none">1. 4 Square2. Soccer/Lacrosse Passing3. Toss/Pass The Football
11:25 AM	Activity #4: Ultimate Frisbee
11:55 AM	Closing Remarks/Morning Wrap Up *** Escort Morning Group Departures out to Parents/Sign Out
12:00 PM	Lunch Break & Movie– Camp Bank is Open
12:30 PM	Defy Gravity (Optional)
1:00 PM	Open Play for Those Not At Defy
1:30 PM	Alignment & Stretching
1:40 PM	Activity #5: Kickball
2:30 PM	Water Break
2:35 PM	Activity #6: Freeze Tag
3:15 PM	Snack Break
3:15 PM	Activity #7: Handball
3:45 PM	Activity #8: Football
4:15 PM	Water Break
4:20 PM	Activity #9: Capture The Flag
5:00 PM	Conclude