U.S. College Camp 2018

Basketball Development Schedule

Coach Quentin J. Hillsman – Head Coach Syracuse University Women’s Basketball

Coach Cedric L. Solice – Syracuse University Women’s Basketball

**Saturday, April 28, 2018**

8:00 – 8:30 am Free Shoot

8:35 – 8:42 am Group Stretch

8:45 – 9:45 am Stations

9:45 – 10:00 am Break (Water)

10:05 – 10:35 am Lecture/Demonstration (2-3 Zone)

10:35 – 10:40 am Break (Water)

10:45 – 11:15 am Camp Competition

11:15 – 11:30 am Break (Water)

11:35 – 11:50 am Shooting Combine

11:55 – 12:30 pm Lunch

**Saturday, April 28, 2018 (Continued)**

**Station Work**

12:35 – 12:45 pm Station Demonstrations

12:45 – 1:15 pm Pick & Roll Offense Actions

1:15 – 1:25 pm Break (Water)

1:30 – 2:00 pm Pick & Roll Defense

2:00 – 2:10 pm Break (Water)

2:15 – 2:35 pm Shooting Fundamentals

2:40 – 3:00 pm Shooting Stations

3:00 – 3:10 pm Break (Water)

3:15 – 3:45 pm Teach Offensive Sets (America; Flex)

3:45 – 3:55 pm Break (Water)

4:00 – 4:45 pm Games

4:45 – 5:00 pm Daily Wrap Up/Dismiss

**Sunday, April 29, 2018**

8:00 – 8:30 am Free Shoot

8:35 – 8:42 am Group Stretch

8:45 – 9:45 am Stations

9:45 – 10:00 am Break (Water)

10:05 – 10:35 am Lecture/Demonstration (Man Defense – Gaps)

10:35 – 10:40 am Break (Water)

10:45 – 11:15 am Camp Competition

11:15 – 11:30 am Break (Water)

11:35 – 11:50 am Shooting Combine

11:55 – 12:30 pm Lunch

**Station Work**

12:35 – 12:45 pm Station Demonstrations

12:45 – 1:15 pm Pick & Roll Offense Actions

1:15 – 1:25 pm Break (Water)

1:30 – 2:00 pm Pick & Roll Defense

2:00 – 2:10 pm Break (Water)

2:15 – 2:35 pm Shooting Fundamentals

2:40 – 3:00 pm Shooting Stations

3:00 – 3:10 pm Break (Water)

3:15 – 3:45 pm Teach Motion Basketball Action (4-Out; 5-Out)

3:45 – 3:55 pm Break (Water)

4:00 – 4:45 pm Games

4:45 – 5:00 pm Daily Wrap Up/Dismiss