

## **DNICE BASKETBALL CAMP 2025 SCHEDULE**

- **8:30-9:00:** Check-in/ Registration and Shoot Around
- **9:00-9:30:** Coach Introductions/ Group Stretch
- **9:30-10:15:** Dribble Knockout
- **10:15-10:20:** **Water Break**
- **10:20-11:20:** \*20 Mins per station\*
  - Stations: Ball Handling with Coach Courtney
  - Defense with Coach Ashlan or Coach Hunter
  - Shooting with Coach Miles
  - Agility and Passing with Coach Krystal or Coach Hunter
- **11:20-11:30:** **Water Break**
- **11:30-12:00:** Camp Picture
- 12:00-12:45:** **LUNCH**
- 12:45-1:00:** **Free Time**
- **1:00-2:00:**
  - Free Throw Contest,
  - Knock out,
  - Team Knockout,
  - Team around the World,
  - 3pt Contest
- 2:00-3:00:** Team 5 on 5 games