

Pearland Biddy Basketball Camp Daily Agenda

The daily agenda for Pearland Biddy Basketball Camps has been developed through the years to provide the best mix of physical activity, practice, instruction, and fun. Three day clinics are condensed week long schedules. Take a look at our typical schedule for a week-long session:

Monday

Mondays are a lot of hard work. New campers will learn the basic Building block drills. Returning campers will reinforce these skills with additional practice drills from level 1, 2, 3, or 4, depending on their skill level and how long they have been with us. Each drill and level is designed to prepare the Players for the next level. Student campers will do 15,000 to 30,000 repetitions during the course of the week. They will do most of their reps in the first two days. As the week goes on, we start to add more and more fun. In this way we can keep the kids motivated and working hard.

8:30 am	Register for camp. Check-in if already registered.
9:00 am	Talk time (making sure the campers understand why they are about to spend the next 8 hours working their tails off).
9:30 am	Warm up.
9:40 am	Stationary drilling. Work on repetition. Drill, drill, drill.
10:30 am	Snack break
10:45 am	Stationary drills. Drill, drill, drill.
12:00 noon	Lunch and free time (the kids will usually scrimmage).
1:00 pm	Speaker and rest time.
1:30 pm	Line drills (this is where the kids execute moves over and over).
2:30 pm	Water break.
2:40 pm	Back to stationary drills.
3:30 pm	Snack break.
3:45 pm	Stationary drills.
4:35 pm	Cool Down/Clean Up
4:50 pm	Release to parents.

Tuesday

On Tuesday, we introduce "station work". This is the kids' favorite way to work at their skill development. We have stations set up all around the gym. Each station will be a different drill or move. Every 5 minutes, the campers will rotate to a new station. There will be a counselor stationed at every basket. The counselors will have the kids work on a new move as they rotate into that basket. The moves will be determined by the camper's skill level. The campers will also be allowed to get off a shot at the end of the move. In this way each camper will get off a lot of shots by the end of camp. This also allows counselors to work on the camper's shooting skills. The campers will hear consistent instructions from all of the counselors.

9:00 am	Warm up.
9:15 am	Stationary drilling to reinforce basics from Monday.
9:40 am	Stationary drilling. Work on new drills. Drill, drill, drill.
10:30 am	Snack break.
10:45 am	Stationary drills. Drill, drill, drill.
12:00 noon	Lunch and free time.
1:00 pm	Speaker and rest time.
1:30 pm	Line drills (this is where the kids execute moves over and over).
2:30 pm	Water break.
2:40 pm	Back to stationary drills.
3:30 pm	Snack break.
3:45 pm	Introduce station work.
4:35 pm	Cool Down/Clean Up
4:50 pm	Release to parents.

Wednesday

By the end of the first two days of our camp the kids have already put in more work than they would in a whole week at any other camp. By Wednesday morning, they show up sore and tired, ready for some fun. We introduce several fun activities:

9:00 am	Warm Up.
9:15 am	Stationary drilling to reinforce and build on previous lessons.
9:40 am	Stationary drilling. Work on new drills.
10:30 am	Snack break.
10:45 am	In-line drills. Work on moves.
12:00 noon	Lunch and free time.
1:00 pm	Speaker and rest time.
1:30 pm	Skill games.
2:30 pm	Water break.
2:40 pm	Back to station work.
3:30 pm	Snack break.
3:45 pm	Stationary drills.
4:10 pm	Skill Games
4:35 pm	Cool Down/Clean Up
4:50 pm	Release to parents.

Thursday

9:00 am	Warm Up.
9:30 am	Stationary drilling to reinforce building blocks.
9:45 am	Stationary drilling. Work on new drills.
10:30 am	Snack break.
10:45 am	Station work.
12:00 noon	Lunch and free time.
1:00 pm	Speaker and rest time.
1:30 pm	Learn new one-on-one moves.
1:40 pm	Station work.
2:30 pm	Water break.
2:40 pm	Back to station work.
3:30 pm	Snack break.
3:45 pm	Game Drills.
4:35 pm	Cool Down/Clean Up
4:50 pm	Release to parents.

Friday

Fridays are half fun and half work. We do a little thing we like to call "Funky Friday". We ask the kids to show up in the funkiest, funniest, and wackiest clothes they can think of. We all have a lot of fun with it. Then everyone changes back into their basketball gear and we go to work. The kids have earned an easy day and we give them one. We have learned that you have to give them some fun mixed in with all the hard work to keep them motivated. The kids look forward to Funky Friday and it becomes a great motivational tool.

9:00 am	Free time. Shoot scrimmage. Have fun.
10:00 am	Change back to our basketball gear and go to station work.
10:30 am	Snack break.
10:45 am	Shooting contest.
12:00 noon	Lunch and free time (the kids will usually scrimmage).
1:00 pm	Speaker and rest time.
1:30 pm	Station work.
2:30 pm	Water break.
2:40 pm	More shooting contest.
3:30 pm	Snack break.
3:45 pm	Game Drills.
4:35 pm	Cool Down/Clean Up
4:50 pm	Release to parents. Sign autographs and say good bye.