

## **Alodia Competition Camp – “12 games in 4 days!”**

The Alodia Competition Camp is designed to provide players with valuable game time experience. Campers will be evaluated and placed onto evenly balanced teams. Each team will play approximately 12 games in 4 days.

Each day players will participate in drills designed to improve their individual skills, compete in shooting leagues, receive instruction on fundamental principles of offensive and defensive play and participate in three basketball games. Games will consist of teams playing different defenses – man to man, zone, press/trapping, etc. Additionally, there will be special “Crunch Time” games featuring end of game situations.

Divisions will be established for boys and girls based on grade and skill level.

### Sample Daily Schedule

8:30-8:35	Warm-up Drills
8:35-8:45	Instruction/Team Practice
8:45 – 9:30	Game 1
9:25 - 9:35	Shooting League
9:35 - 10:20	Game 2
10:20-10:35	Shooting League
10:35-10:50	Instruction/Team Practice
10:50-11:35	Game 3
11:35-11:55	Crunch Time Situations
11:55- 12:00	Announcements & Daily Awards