



## **APEX SPURS TRACKOUT CAMP – Sample Schedule**

### **Day 1**

- **8 am to 9 am**
  - Check In
  - Shoot Around
  
- **9 am to 10 am**
  - Introduction to the Day (Quote or Theme of the Day)
  - Goal Sheets
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
  
- **10 am to 10:30 am**
  - Take the Bacon
  
- **10:30 am to 12 pm**
  - Dribbling
  - Shooting
    - Use of the Gun
  
- **12 pm to 12:45 pm**
  - Lunch Break
  
- **1 pm to 2 pm**
  - A game relating to what the kids learn that day
  - IQ Training
  
- **2 pm to 3 pm**
  - Pick Up Games (Can be 5v5, 4v4, or 3v3)
  - Pick Up Time for Kids (2:50 to 3 pm)



## **Day 2**

- **8 am to 9 am**
  - Check In
  - Shoot Around
  
- **9 am to 10 am**
  - Introduction to the Day (Quote or Theme of the Day)
  - Goal Sheets (Review)
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
  
- **10 am to 10:30 am**
  - Take the Bacon
  
- **10:30 am to 12 pm**
  - Defense
    - Introduction and Teaching of Man to Man Defense
    - The Fundamentals of Defense
  - Layups
  
- **12 pm to 12:45 pm**
  - Lunch Break
  
- **1 pm to 2 pm**
  - A game relating to what the kids learn that day
  - IQ Training
  
- **2 pm to 3 pm**
  - Pick Up Games (Can be 5v5, 4v4, or 3v3)
  - Pick Up Time for Kids (2:50 to 3 pm)



## **Day 3**

### **8 am to 9 am**

- Check In
- Shoot Around

### **• 9 am to 10 am**

- Introduction to the Day (Quote or Theme of the Day)
- Goal Sheets (Review)
- Stretch/Warm Up
  - Dynamic Warmup
  - Cardio

### **• 10 am to 10:30 am**

- Take the Bacon

### **• 10:30 am to 12 pm**

- Passing and Rebounding
- Shooting
  - Without the Gun

### **• 12 pm to 12:45 pm**

- Lunch Break

### **• 1 pm to 2 pm**

- A game relating to what the kids learn that day
- IQ Training

### **• 2 pm to 3 pm**

- Pick Up Games (Can be 5v5, 4v4, or 3v3)
- Pick Up Time for Kids (2:50 to 3 pm)



## **Day 4**

- **8 am to 9 am**
  - Check In
  - Shoot Around
  
- **9 am to 10 am**
  - Introduction to the Day (Quote or Theme of the Day)
  - Goal Sheets (Overall Review)
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
  
- **10 am to 10:30 am**
  - Take the Bacon or
  - Guest Speaker (If Available)
  
- **10:30 am to 12 pm**
  - Shooting Contest (30 mins)
  - Dribble Knockout (30 mins)
  - Speed Layups (30 mins)
  
- **12 pm to 12:45 pm**
  - Lunch Break
  
- **1 pm to 2 pm**
  - Competition Against Coach/Guest Speaker
    - Win Prizes
  
- **2 pm to 3 pm**
  - Pick Up Games (Can be 5v5, 4v4, or 3v3)
  - Pick Up Time for Kids (2:50 to 3 pm)