



REP Camp # 2 / Under 12/14s

Technical Program



Casey Basketball



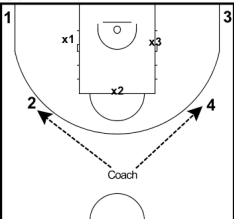
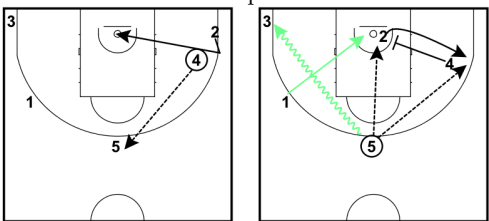
REP Camp # 1/ Under 12/14s

Schedule

8.45am	Sign In
9.00am	Basketball Session 1 – Girls / Boys
10.20am	Break
10.30am	Basketball Session 2 – Girls / Boys
12.00pm	Recap and Clean Up

Practice Session 1– Offensive Build Up

** Emphasis of Day – 1/ Floor Spots 2/ Possession is KING. 3/Keep your Shape**

Time	Activity	POE	Notes
15 9:00-9:15am	Warm Up – TAG UP – D-Trans (Talk) Flow Build Up – 2 on 0 Guard, Lead Post Pocket / Lob Pass (5) – 3 on 0 Drag + Reversal Post (5)	<ul style="list-style-type: none"> ✓ Warm Up The Mind ✓ Get Ready ✓ Communication ✓ Get ball to operational area – FT line and below ✓ Can you beat your man away from screen? ✓ Screener close gap on ball defender ✓ Can you score, can roller score, throw it on ✓ Sprint Cuts ✓ Possession is KING 	
20 9:15-9:35am	4v0 Receivers 4 on 3 Tag 	<ul style="list-style-type: none"> ✓ Aggressive to score ✓ First catch rules ✓ Drift, Diag, and Drag ✓ 2 + 2 Kill Box ✓ Ball has eyes ✓ Sprint Cuts ✓ Possession is KING ✓ 2 more than 2 inside the 3 ✓ Ball must be guarded 	New Group Every 2 Possessions Light v Dark 3 stops
15 9:35-9:50-am	Flow 2 Build Up (SBS) 3v0 4v0 U12s 5 Out U 14s Lead & Reversal Post	<ul style="list-style-type: none"> ✓ Wood Chop ✓ Pivot ✓ Back Cutter / Look 2 times ✓ Lift ✓ "Swing" ✓ Can you score, can roller score, throw it on ✓ Sprint Cuts ✓ Possession is KING 	Light v Dark
20 9:50-10:10am	Double Back Cut "Build Up" 4v0 4v4 	<p>If the player in the corner is denied they back cut (we don't fight pressure) The 2nd Back Cutter puts their head under the net Player 4 will pivot and throw it back to player 5 Player 4 will now set a pin down for player 2 We are looking for the shooter of the pin or the post inside.</p>	Light v Dark 3 stops
10 10:10-10:20am	U12s 5 Out U 14s Lead & Reversal Post Flow Build Up 5 on 0 into 5 on 5 – KA Pass / Sprint Opposite – Floor Spots – Drag Screen – Lead and Reversal Post – 2 nd Side Score	<ul style="list-style-type: none"> ✓ Pass fakes, pivots and wood chops ✓ Cut late / Cut early ✓ Screening angles ✓ Big up through elbow ✓ Big down to rim ✓ Sprint Cuts ✓ Possession is KING 	NO SWITCH ON D FIGHT OVER DROPS



Practice Session 2 – Offensive Build Up

**** Emphasis of Day – 1/ Floor Spots 2/ Possession is KING. 3/Keep your Shape****

Time	Activity	POE	Notes
15 10.30-10:45am	Warm Up - Post Feeds in 3's (Bowl / Zip) - 4v0 receivers 2 Drives for a score	<ul style="list-style-type: none"> ▪ Get mind and body ready ▪ Next concept to be introduced - focus 	
15 10:45-11:00am	U12s 5 Out U 14s Lead & Reversal Post Flow Build Up 5 on 0 into 5 on 5 - KA Pass / Sprint Opposite - Floor Spots - Drag Screen - Lead and Reversal Post 2 nd Side Score	<ul style="list-style-type: none"> ✓ Pass fakes, pivots and wood chops ✓ Cut late / Cut early ✓ Screening angles ✓ Big up through elbow ✓ Big down to rim ✓ Sprint Cuts ✓ Possession is KING 	NO SWITCH ON D FIGHT OVER DROPS
20 11.00-11:20am	Quicks BUILD UP - 4v0 4v4 - Quicks to Splits U12s 5 Out U14s Lead & Reversal	<ul style="list-style-type: none"> ▪ Floor positions ▪ Don't fight pressure ▪ Pivots ▪ Timing of cuts ▪ Sprint Cuts ▪ Possession is KING 	
15 11.20-11:35am	Press Break - 5 on 0 - Go through all roles - Smash and Punch - Punch and Pop (U14s)	<ul style="list-style-type: none"> ▪ Do your job – No shortcuts ▪ Sprint Cuts ▪ Possession is KING 	
25 11:35-12:00pm	Play/ Scrimmage – 3 Way.	<ul style="list-style-type: none"> ▪ Floor positions ▪ Strong with the basketball ▪ Sprint Cuts ▪ Possession is KING 	