



KIDS U Hoop Skills

Instructor: Lavaris Duncan and Cody Taybron
Week of July 8

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
9:00	Introductions/Expectations Stretch Form Shooting	Introductions Recap Stretch Form Shooting	Stretch Form Shooting	Stretch Form Shooting	Stretch Form Shooting
10:00	Ball Handling Passing	Ball Handling Passing	Ball Handling Passing	Ball Handling Passing	Ball Handling Passing
11:00	Games: Ex. Knockout, Dribble Tag, etc.	Games: Ex. Knockout, Dribble Tag, etc.	Games: Ex. Knockout, Dribble Tag, etc.	Games: Ex. Knockout, Dribble Tag, etc.	Games: Ex. Knockout, Dribble Tag, etc.
11:45	Walk to Lunch Room	Walk to Lunch Room	Walk to Lunch Room	Walk to Lunch Room	Walk to Lunch Room
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
1:15	Recap Shooting Drills Free Throws	Recap Shooting Drills Free Throws	Recap Shooting Drills Free Throws	Recap Shooting Drills Free Throws	Recap Shooting Drills Free Throws
2:00	Fundamentals: Ex. Jump Stops, Triple Threat, Pivoting, etc.	Fundamentals: Ex. Jump Stops, Triple Threat, Pivoting, etc.	Fundamentals: Ex. Jump Stops, Triple Threat, Pivoting, etc.	Fundamentals: Ex. Jump Stops, Triple Threat, Pivoting, etc.	Fundamentals: Ex. Jump Stops, Triple Threat, Pivoting, etc.
3:00	Scrimmages	Scrimmages	Scrimmages	Scrimmages	Scrimmages
3:45	Leave Class	Leave Class	Leave Class	Leave Class	Leave Class

- Drop off campers between 8-8:30 a.m. in front of E. L. Wiegand Fitness Center.
- Pick up campers between 4-4:30 p.m. in front of E. L. Wiegand Fitness Center.
- All campers should bring a morning and afternoon snacks, lunch and a water bottle every day.

Themes

Tuesday: Tacky Tuesday -- Wear your tackiest basketball gear!
 Wednesday: Wolf Pack Wednesday -- Wear Wolf Pack gear!
 Thursday: Jersey Day -- Wear your favorite jersey of any sport!
 Friday: Crazy Hair Day -- Wear your hair crazy!