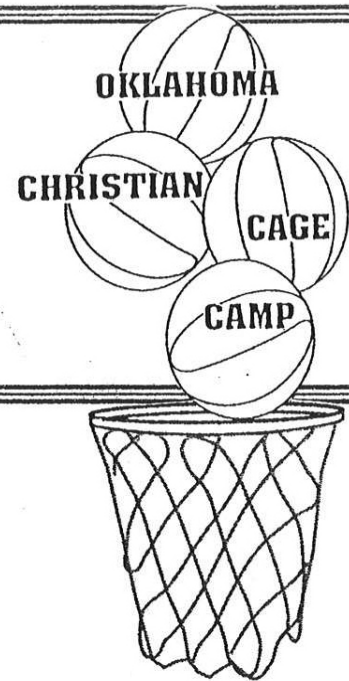


# OKLAHOMA CHRISTIAN CAGE CAMPS

Oklahoma Christian • P.O. Box 11000  
Oklahoma City, Oklahoma 73136-1100



## 2011

### SUNDAY SCHEDULE

3:00 pm REGISTRATION

Shooting in the "Eagles Nest" at 5:00

5:30 pm COACHES' MEETING

PAC 202 (Upstairs gym)

6:30 pm GROUP ASSIGNMENTS FOR CAMPERS

Everyone in the Nest

7:00 pm TRY-OUTS

NEST A  
NBA

NEST B  
CBA

BARN  
UNIV/ABA

REC A  
College

REC B  
Eager Eagles

8:45 pm CLINIC: Introduction to Shooting (Hays)

Everyone in the Nest  
Commissioners start your drafts

9:30 pm ORIENTATION (Fontaine)

Everyone in the Nest  
Commuters dismissed to REC

10:00 pm BACK TO DORMS

11:30 pm LIGHTS OUT

"WHERE DESIRE AND HARD WORK EQUAL SUCCESS"

# Monday Schedule

7:00 am	BREAKFAST					
8:00 am	Commissioners meet with Directors					
8:20 am	FORMATION: Everyone in the Nest with your teams (Hays)					
8:30 am	CLINIC: Shooting Progression					
	<u>NEST</u> COLLEGE	<u>ROCK</u> CBA	<u>BARN</u> UNIV	<u>REC</u> NBA	<u>CAGE</u> EE	<u>PEBBLE</u> ABA
9:30 am	CLINIC: Passing and Receiving (Same locations)					
10:20 am	Commissioners announce practice times and afternoon schedule					
10:30 am	TEAM PRACTICE SESSIONS					
11:00 – 12:00	LUNCH					
1:00 pm	CLINIC: Defensive Stance and vs. the Live Ball					
	<u>NEST</u> ABA	<u>ROCK</u> COLLEGE	<u>BARN</u> CBA	<u>REC</u> UNIV	<u>CAGE</u> NBA	<u>PEBBLE</u> EE
2:05 pm	Game preparation by Commissioners					
2:15 pm	LEAGUE GAMES / Pool is open from 3:00 - 5:00 pm					
4:00 - 6:00 pm	DINNER					
6:30 pm	CLINIC: Shooting Off the Pass					
	<u>NEST</u> EE	<u>ROCK</u> ABA	<u>BARN</u> COLLEGE	<u>REC</u> CBA	<u>CAGE</u> UNIV	<u>PEBBLE</u> NBA
7:15 pm	CLINIC: Defense vs. the Dribble (Same location at 6:30 Clinic)					
7:50 pm	Game Preparation by Commissioners Early Bird Explanation by Commissioners					
8:00 pm	LEAGUE GAMES / Pool is open from 8:00 - 10:00 pm. (Commuters may leave if you have played your game.)					
10:00 pm	BACK TO THE DORMS					
11:30 pm	LIGHTS OUT!					

## Tuesday Schedule

- 6:30 am EARLY BIRD CLINIC: Shooting Progression & Shooting off the Pass  
(Hays, Hankins, McKinzie, Hall)
- 7:00 am BREAKFAST
- 8:00 am Commissioners meet with Directors
- 8:20 am FORMATION: Everyone in the Nest with your Team
- 8:30 am CLINIC: Dribbling and Dribble Moves
- |             |             |             |            |             |               |
|-------------|-------------|-------------|------------|-------------|---------------|
| <u>NEST</u> | <u>ROCK</u> | <u>BARN</u> | <u>REC</u> | <u>CAGE</u> | <u>PEBBLE</u> |
| NBA         | EE          | ABA         | College    | CBA         | UNIV          |
- 9:30 am CLINIC: Introduction to Cut-Throat (Triple Threat, Thank You, Motion)  
(Same locations)
- 10:20 am Commissioners go over team practice and the afternoon schedule.
- 10:30 am TEAM PRACTICE SESSIONS
- 11:00 – 12:00 LUNCH
- 1:00 pm CLINIC: Live Ball Moves/Shooting Off the Dribble
- |             |             |             |            |             |               |
|-------------|-------------|-------------|------------|-------------|---------------|
| <u>NEST</u> | <u>ROCK</u> | <u>BARN</u> | <u>REC</u> | <u>CAGE</u> | <u>PEBBLE</u> |
| UNIV        | NBA         | EE          | ABA        | College     | CBA           |
- 2:05 pm Game Preparation by Commissioners
- 2:15 pm LEAGUE GAMES / Pool is open 3:00 - 5:00 pm.
- 4:00 - 6:00 pm DINNER
- 6:30 pm CLINIC: Shooting off Pass – Utilizing Screens in Motion  
(Fill, Flair, Curl, Backcut – 2 on 0)
- |             |             |             |            |             |               |
|-------------|-------------|-------------|------------|-------------|---------------|
| <u>NEST</u> | <u>ROCK</u> | <u>BARN</u> | <u>REC</u> | <u>CAGE</u> | <u>PEBBLE</u> |
| CBA         | UNIV        | NBA         | EE         | ABA         | College       |
- 7:15 pm CLINIC: Denial Defense and Helpside Defense (Shell)
- 7:50 pm Game Preparation by Commissioners
- 8:00 pm LEAGUE GAMES / Pool is open from 8:00 - 10:00 pm.  
(Commuters may leave if you have played your game)
- 10:00 pm BACK TO THE DORMS
- 11:30 pm LIGHTS OUT!

## Wednesday Schedule

7:00 am	BREAKFAST					
8:00 am	Commissioners meet with Directors					
8:20 am	FORMATION: Everyone in the Nest with your Teams					
8:30 am	CLINIC: Free Throw Shooting					
	<u>NEST</u> College	<u>ROCK</u> CBA	<u>BARN</u> UNIV	<u>REC</u> NBA	<u>CAGE</u> EE	<u>PEBBLE</u> ABA
9:00 am	CLINIC: Free Throw Technique and Drills (Same locations)					
9:30 am	CUT THROAT - Emphasizing Motion and Screening (Same locations)					
10:20 am	Commissioners go over practice and game schedules for the afternoon					
10:30 am	TEAM PRACTICES					
11:00 – 12:00	LUNCH					
1:00 pm	CLINIC: Posting and Post Moves					
	<u>NEST</u> ABA	<u>ROCK</u> College	<u>BARN</u> CBA	<u>REC</u> UNIV	<u>CAGE</u> NBA	<u>PEBBLE</u> EE
2:05	Game preparation by Commissioners					
2:15 pm	LEAGUE GAMES / Pool is open from 3:00 - 5:00 pm					
4:00 - 6:00 pm	DINNER					
6:30 pm	CLINIC: Dribble Moves into your Shot					
	<u>NEST</u> EE	<u>ROCK</u> ABA	<u>BARN</u> College	<u>REC</u> CBA	<u>CAGE</u> UNIV	<u>PEBBLE</u> NBA
7:15 pm	CLINIC: Advancing the ball vs. pressure (1 on 1, 1 on 2)					
7:50 pm	Game preparation by commissioners; Early Bird reminder by commissioners					
8:00 pm	LEAGUE GAMES / Pool is open from 8:00 - 10:00 pm. (Commuters may leave if you have played your game)					
10:00 pm	BACK TO THE DORMS					
11:30 pm	LIGHTS OUT!					

## Thursday Schedule

6:30 am	EARLY BIRDS: Shooting off your Live Ball Moves & Review Shooting off Pass (Hays, Hankins, McKinzie, Hall)					
7:00 am	BREAKFAST					
8:00 am	Commissioners meet with Directors					
8:20 am	FORMATION: Everyone in the Nest with your Teams					
8:30 am	CLINIC: Zone Offense Individual Fundamentals					
	<u>NEST</u>	<u>ROCK</u>	<u>BARN</u>	<u>REC</u>	<u>CAGE</u>	<u>PEBBLE</u>
	NBA	EE	ABA	College	CBA	UNIV
9:30 am	Break					
9:45 am	CLINIC: Zone Offense Team Concepts (Same location as above)					
10:20 am	Commissioners go over afternoon schedule and team practice schedule					
10:30 am	TEAM PRACTICE: Scrimmage another team vs. 2-3 zone					
11:00 – 12:00	LUNCH					
1:00 pm	CLINIC: Offensive Skills Review (Triple Threat, Live Ball Moves, Dribble Moves, Shooting Off the Pass and Dribble, Posting)					
	<u>NEST</u>	<u>ROCK</u>	<u>BARN</u>	<u>REC</u>	<u>CAGE</u>	<u>PEBBLE</u>
	UNIV	NBA	EE	ABA	COLLEGE	CBA
2:05 pm	Game Preparation and evening schedule by Commissioners					
2:15 pm	LEAGUE GAMES (All teams play a 2-3 zone in the 1st half, 2nd half is optional)					
4:00 - 6:00 pm	DINNER					
6:30 pm	CLINIC: Bank Shooting and Bank Shooting Drills					
	<u>NEST</u>	<u>ROCK</u>	<u>BARN</u>	<u>REC</u>	<u>CAGE</u>	<u>PEBBLE</u>
	CBA	UNIV	NBA	EE	ABA	COLLEGE
7:00 pm	SHOOTING DRILLS (Team Competitive, 4-up, String Drill, String Music)					
7:50 pm	Game Preparation by Commissioners/Check-out procedure & Friday's schedule					
8:00 pm	LEAGUE GAMES / Pool is open from 8:00 - 10:00 pm (Commuters may leave if you have played your game)					
10:00 pm	You may go back to your dorm when your game is over					
11:30 pm	LIGHTS OUT!					

## Friday Schedule

7:00 am	BREAKFAST
7:00 am	Training Room will be open
7:30 am	LEAGUE GAMES
	Clean your Rooms!
11:30-1:00	LUNCH (Parents and guests are welcome but must pay for their meal)
1:00 - 1:30	AWARDS CEREMONY Gaylord University Center (Cafeteria)

\* Close our your bank card during the morning free time

\*\* After last league game, your coaches will give out camp shirt and ball  
You will receive evaluations as the coaches check your clean room