



# CHRISTMAS 3 X 3 CAMP



## DATES

MONDAY 03/01	TUESDAY 04/01	WEDNESDAY 05/01	THURSDAY 06/01	FRIDAY 07/01
09:00-16:00	09:00-16:00	REST DAY	09:00-16:00	09:00-16:00

## LOCATION

Red Vic Wilrijk - Pachthofplein 30 Wilrijk

## TIMETABLE MONDAY 03/01

08:30 - 09:00 check in + get gear + setup the gym (**Olivier / Joerik & Mathieu**)

09:00 - 09:10 welcome talk + 3x3 Breakdown video

09:10 - 09:45 movement games (**Olivier**)

09:45 - 10:00 Form & Rhythm shooting (**Mathieu**)

10:00 - 10:05 waterbreak + divide in stations

10:05 - 10:30 Station 1 - Shooting (**Keanu + Wiebo + Amir**)

10:30 - 10:55 Station 2 - Finishing / Creating off the dribble (**Junior + Dante**)

10:55 - 11:00 waterbreak

11:00 - 11:25 Station 3 - Off ball movement / Off ball screening (**Jonas DB + Yannis**)

11:25 - 11:50 Station 4 - P&R, Zooms, Gets (**Thierry + Deacon**)

11:50 - 12:00 calmness (**Olivier**)

12:00 - 13:00 lunchbreak

13:00 - 13:55 Basic 6 warm up - Footwork + Handling pressure (**Joerik**)

13:55 - 14:00 waterbreak + explain games

14:00 - 15:45 3 x 3 games (Q&A team Antwerp)

15:45 - 16:00 cooling down (**Olivier**)

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## TIMETABLE TUESDAY 04/01

08:30 - 09:00 check in

09:00 - 09:05 welcome talk

09:05 - 09:35 movement games (**Olivier**)

09:35 - 10:00 Form & Rhythm shooting (**Mathieu**)

10:00 - 10:05 waterbreak

10:05 - 10:30 Station 1 - Shooting (**Keanu + Wiebo**)

10:30 - 10:55 Station 2 - Finishing/Creating off the dribble (**junior + Mathieu**)

10:55 - 11:00 waterbreak

11:00 - 11:25 Station 3 - Off ball movement/ Off ball screening (**Jonas DB + Dante**)

11:25 - 11:50 Station 4 - P&R, Zooms, Gets (**Mathieu + Deacon**)

11:50 - 12:00 dodgeball (**Joerik**)

12:00 - 13:00 lunchbreak

13:00 - 13:55 Basic 6 warm up - Finishing (**Joerik**)

13:55 - 14:00 waterbreak

14:00 - 15:45 3 x 3 games (Q&A team Antwerp)

15:45 - 16:00 cooling down (**Olivier**)

\*Nick Celis 15:00-15:30



# CHRISTMAS 3 X 3 CAMP



## TIMETABLE THURSDAY 05/01

08:30 - 09:00 check in

09:00 - 09:05 welcome talk

09:05 - 09:35 movement games (**Olivier**)

09:35 - 10:00 Form & Rhythm shooting (**Mathieu**)

10:00 - 10:05 waterbreak

10:05 - 10:30 Station 1 - Shooting (**Wiebo + Hugo**)

10:30 - 10:55 Station 2 - Finishing/creating off the dribble (**Deacon + Amir**)

10:55 - 11:00 waterbreak

11:00 - 11:25 Station 3 - Off ball movement / off ball screening (**Yannis + Dante**)

11:25 - 11:50 Station 4 - P&R, Zooms, Gets (**Mathieu**)

11:50 - 12:00 calmness (**Olivier**)

12:00 - 13:00 lunchbreak

13:00 - 13:55 Basic 6 warm up - Passing (**Joerik**)

13:55 - 14:00 waterbreak

14:00 - 15:45 3 x 3 games

15:45 - 16:00 cooling down (**Olivier**)

## TIMETABLE FRIDAY 06/01

08:30 - 09:00 check in (**Tanner, Olivier**)

09:00 - 09:05 welcome talk

09:05 - 09:35 movement games (**Olivier**)

09:35 - 10:00 Form & Rhythm shooting (**Mathieu**)

10:00 - 10:05 waterbreak

10:05 - 10:30 Station 1 - Shooting (**Keanu**)

10:30 - 10:55 Station 2 - Finishing/ Creating off the dribble (**Junior + Dante**)

10:55 - 11:00 waterbreak

11:00 - 11:25 Station 3 - Off ball movement / Off ball screening (**Yannis + Deacon**)

11:25 - 11:50 Station 4 - P&R, Zooms, Gets (**Mathieu**)

11:50 - 12:00 calmness (**Olivier**)

12:00 - 13:00 lunchbreak

13:00 - 13:55 Basic 6 warm up - Decision making (**Joerik**)

13:55 - 14:00 waterbreak

14:00 - 15:45 3 x 3 games finals (Q&A team Antwerp)

15:45 - 16:00 end of camp awards

\*Thibaut Vervoort 15:00-15:30

**Stations:**

- 4 times 25min
- Players stay at there basket and coaches rotate

Station 1: Contested shooting

Station 2: Finishing / Creating off the dribble 1v1 (SSG)

Station 3: Off ball movement / Off ball screening (SSG)

Station 4: Triggers: Zooms, Gets, P&R (SSG)

**3x3 Games:**

- Make random teams of 4 players by height
- Coaches can still switch players to make equal teams
- Games to 21 or 10 min running clock
- 1 coach on every court to keep score and call fouls
- 3x3 Rules

Maandag	Dinsdag	Donderdag	Vrijdag
Mathieu	Mathieu	Mathieu	Mathieu
Olivier	Olivier	Olivier	Olivier
Joerik	Joerik	Joerik	Joerik
Junior	Junior		Junior
	Max Luyten		Max Luyten
Yannis		Yannis	Yannis
Jonas DB	Jonas DB		
Wiebo	Wiebo	Wiebo	
Thierry			
Keanu	Keanu		Keanu
Dante	Dante	Dante	Dante
Deacon	Deacon	Deacon	Deacon
Amir		Amir	
Hugo?	Hugo?	Hugo?	Hugo?
Jonas Foerts?	Jonas Foerts?	Jonas Foerts?	Jonas Foerts?

MATERIAL	CHECK
Musicbox	
Extra balls size 5	
Extra balls size 7	
Horn for start / stop = shooting king	
Ball pump	
Flyers for next camps	
beamer for Mac (Mathieu)	
dodgeballs	
presentation about shooting	
video about shooting	
gear: - coaches gear - players camp gear - MVP shirt - Shooting King - Hardest worker - CNP shirt	
wire for the beamer	
papers to keep scores of games	