

Falcons Basketball Neujahr Camp 4.1.-6.1.2023

Tag	Halle 1	Halle 2	Halle 3	Halle 4	Topics
Mittwoch					
8:30-10:00	U10/U12	WU14 & MU14	U16/U19 Blue & Orange	Wu16/Wu19	Ballhandling/Dribble Moves & Finishing
10-10:45 Pause	Gesunde Jause				
10:45-11:45	U10/U12	WU14 & MU14	U16/U19 Blue & Orange	Wu16/Wu19	Passing & Footwork
12-14:30	Mittagspause				
14:30-16:00	U10/U12	WU14 & MU14	U16/U19 Orange		Offense - Defense Basics & Small Sided Games
17:00-18:30	Wu16/Wu19				Teampractice
18:30 - 20:00	U16/U19 Blue				Teampractice
Donnerstag					
8:30-10:00	U10/U12	WU14 & MU14	U16/U19 Blue & Orange	Wu16/Wu19	Ballhandling/Dribble Moves & Finishing
10-10:45 Pause	Gesunde Jause				
10:45-11:45	U10/U12	WU14 & MU14	U16/U19 Blue & Orange	Wu16/Wu19	Shooting Form & Shooting
12-14:30 Mittagspause	Mittagspause				
14:30-16:00	U10/U12	WU14 & MU14	U16/U19 Orange		Offense - Defense Basics & Small Sided Games
17:00-18:30	Wu16/Wu19				Teampractice
18:30 - 20:00	U16/U19 Blue				Teampractice
Freitag					
8:30-10:00	U10/U12	WU14 & MU14	U16/U19 Blue & Orange	Wu16/Wu19	Passing & Footwork
10-10:45 Pause	Gesunde Jause				
10:45-11:45	U10/U12	WU14 & MU14	U16/U19 Blue & Orange	Wu16/Wu19	Shooting Form & Shooting
12-14:30 Mittagspause	Mittagspause				
14:30-16:00	U10/U12	WU14 & MU14	U16/U19 Orange		Offense - Defense Basics & Small Sided Games
17:00-18:30	Wu16/Wu19				Teampractice
18:30 - 20:00	U16/U19 Blue				Teampractice