

**MHSAA - BCAM  
BOYS REACHING HIGHER SHOWCASE  
JULY 15, 2015 @ MILFORD HIGH SCHOOL**

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2:10-3:05 PM 3:05	Registration for Athletes. Group Photo Taken
3:10-3:15 PM	Meet in Cafeteria. Take Attendance. Snacks and refreshments provided for participants throughout program.
3:15-3:25 PM	NCAA Compliance Speaker: Elizabeth Heinrich [University of Michigan].
3:25-3:40 PM	TBA [Pro/College Player]
3:40-4:00 PM	Willie Green [Orlando Magic]
4:00-4:10 PM	Introduction of MHSAA-BCAM Reaching Higher Coaching Staff
4:10-4:20 PM	Stretch & Flex – Trainer Parent Program will begin in the Cafeteria.
4:20-5:00 PM	<b>TEAM PRACTICE (SEE PRACTICE PLAN BELOW)</b> Team #1 – Basket #1, Team #2 – Basket #2, Team #3 – Basket #3, Team #4-Basket #4, Team #5-Basket #5, Team #6-Basket #6, Team #7-Basket #7, Team #8-Basket #8, Team #9-Basket #9, Team #10-Basket #10
5:00-5:40 PM	Basketball Station Work [8 Minutes @ Each Station] <ul style="list-style-type: none"> <li>• Court #1: Focus: Offensive Transition Station</li> <li>• Court #2: Focus: Transition Offense/Defense Station</li> <li>• Court #3: Focus: Shooting Off the Dribble Station</li> <li>• Court #4: Focus: Shooting Off the Pass Station</li> <li>• Court #5: Focus: King of the Court Station</li> </ul> Starting Points: Team #1 & #2 – Court #1, etc,
5:45-6:30 PM	Game Session #1 Court #1: 1 vs 2 Court #2: 3 vs 4 Court #3: 7 VS 8 Court #4: 5 VS 6 Court #5: 9 vs 10
6:35-7:20 PM	<b>GATORADE BREAK – MOVE TO NEXT GAME</b> Game Session #2 Court #1: 8 vs 9 Court #2: 7 vs 10 Court #3: 4 vs 6 Court #4: 1 vs 5 Court #5: 2 vs 3
7:20-8:00 PM	<b>GATORADE BREAK – MOVE TO NEXT GAME</b> Game Session #3 Court #1: 2 vs 6 Court #2: 4 vs 5 Court #3: 1 vs 3 Court #4: 7 vs 9 Court #5: 8 vs 10
8:00 PM	Meet with Coaches. Complete Evaluations.

**REACHING HIGHER PRACTICE PLAN**

4:20	<b>PRIMARY ½ COURT OFFENSE</b> - EMPHASIS ON SCREENING, SPACING AND BALL MOVEMENT
4:30	<b>ONE OR TWO SET PLAYS</b> - RUN ONE PLAY FOR YOUR POST PLAYER
4:36	<b>TWO BLOB ONE SLOB</b>
4:42	<b>SHELL DEFENSE/TEAM DEFENSE</b> - EMPHASIZE OFF THE BALL DEFENSE AND BOX OUTS
4:48	<b>REVIEW ½ COURT OFFENSE, SET PLAYS, BLOB'S, SLOB'S, DEFENSE – HUDDLE UP</b> - EMPHASIZE ON TEAM PLAY, PLAYING HARD AT BOTH ENDS AND SPORTSMANSHIP. QUICK WATER BREAK.