

Leadership, Entrepreneurship & Team-Building Basketball Camp

The Sports Camp is designed as a three-day program, scheduled for November 14–16, 2025, targeting 25-30 male and female basketball players ages 14 -18 years old. The camp is designed to include a balanced mix of leadership, teamwork, entrepreneurship, and basketball-focused activities.

Day 1 – Leadership & Teamwork (Nov 14, 10:00 AM – 3:00 PM)

Theme: Building trust, communication, and team spirit on and off the court.

Time	Activity	Description	Lead Coach
10:00 – 10:30	Welcome & Dynamic Warm-Up	Introductions, stretching, and movement drills.	Coach 1
10:30 – 11:15	Team-Building Games	“Pass & Name,” “Trust Circle,” and quick coordination games.	Coach 4
11:15 – 12:30	Basketball Fundamentals (Drill Stations)	Players rotate through 4 stations: Shooting Form, Passing Precision, Footwork, and Defensive Positioning.	All Coaches
12:30 – 1:00	Break & Refreshments	Rest and light snacks.	
1:00 – 2:00	Scrimmage: Communication Challenge	5v5 half-court games focusing on talk, leadership, and spacing.	Coach 2
2:00 – 2:45	Leadership Workshop	Interactive discussion: “What Makes a Good Team Leader?” + short activity on role models.	Coach 3
2:45 – 3:00	Reflection & Cool Down	Stretching, player journaling, and team feedback circle.	Coach 1

Day 2 – Leadership in Action & Sports Entrepreneurship (Nov 15, 10:30 AM – 3:30 PM)

Theme: Applying leadership skills, learning accountability, and exploring entrepreneurship in sports.

Time	Activity	Description	Lead Coach
10:30 - 11:00	Warm-Up & Team Challenge	Relay and reaction drills to build focus.	Coach 1
11:00 – 12:00	Skill Development Drills	4 rotation stations: Shooting off the dribble (Dr. Dish), Ball handling, Fast break decision-making, and Defensive rotations.	All Coaches
12:00 - 12:30	Leadership in Action Game	Players lead mini-drills in small groups; peers give feedback.	Coach 3
12:30 - 1:00	Break & Refreshments	Rest and light snacks.	
1:00 – 2:00	Basketball IQ Session	Offensive/defensive strategies, video clips, and situational decision-making.	Coach 2
2:00 – 3:00	Sports Entrepreneurship Workshop	Topics: running a team brand, social media presence, budgeting, event planning. Short group exercise: “Design Your Dream Academy.”	Coach 4
3:00 - 3:30	Reflection & Team Debrief	Sharing learnings and identifying personal growth goals for the final day.	Coach 1

Day 3 – Tournament & Celebration (Nov 16, 2:00 PM – 6:00 PM)

Theme: Applying teamwork and leadership through competitive play and celebration.

Time	Activity	Description	Lead Coach
2:00 – 2:20	Warm-Up & Stretch	Group activation and energy boost.	Coach 1
2:20 – 4:00	3v3 and 5v5 Tournament	Players are divided into balanced teams; round-robin format with scoring, refereeing, and stats tracking.	All Coaches
4:00 – 4:30	Break & Refreshments	Light snacks and water.	
4:30 – 5:30	Championship Game & Skills Challenge	Final match + shooting competition with dr dish machine , and free-throw contests.	Coaches 2 & 3
5:30 – 6:00	Closing Ceremony & Awards	Certificates, MVP & Leadership Awards, group photo, and closing remarks.	Organizers

Notes

- All sessions emphasize communication, confidence, and discipline.
- Players rotate across coaches and experts daily for varied teaching styles.
- Leadership and entrepreneurship activities are short, interactive, and basketball-themed.
- Dr. Dish Shooting Machine is used during skill and shooting sessions