



# NBA Basketball School

07.30 - 08.00 AM

WAKE UP & BREAKFAST

09.00 - 09.30 AM

MEETING & WARM UP

09.30 - 12.30 PM

BASKETBALL TRAINING

1.00 - 3.00 PM

LUNCH & RELAX TIME

3.15 - 3.45 PM

MEETING & WARM UP

3.45 - 5.15 PM

BASKETBALL TRAINING

5.15 - 6.00 PM

ATHLETIC PREPARATION

6.00 - 6.45 PM

MENTAL COACH

6.45 - 7.45 PM

SHOWER & PHONE TIME

8.00 - 10.00 PM

DINNER & EVENING ACTIVITIES

10.30 PM

GOOD NIGHT

- CAMPERS WILL BE DIVIDED IN GROUPS BASED ON AGE AND LEVEL
- TRAININGS WILL BE CONDUCTED IN ENGLISH FROM THE TECHNICAL DIRECTOR. ALL THE COACHES INVOLVED SPEAK ENGLISH
- THE PROGRAM IS APPROXIMATE AND WILL VARY ACCORDING TO THE NEEDS OF THE CAMP, GUARANTEING IN THE MEANWHILE ATTENTION TO THE EXPERIENCE

Champions'  
Camp

SINCE 2006