

OHSBCA BOYS TOP 100 SHOWCASE

Saturday, April 17, 2010

- 8:30 – 9:00 am Registration / Check-in for players and coaches at Capital University
- 9:00 – 9:05 am Introductions, Expectations, and Organization Announcements
- 9:05 – 9:15 am Introduction / Overview / Explanation of Teaching Stations
- 9:15 – 9:20 am Stretching led by coaches at stations
- 9:20 – 10:00 am Stations – 10 minutes apiece, 1 minute in between stations, drinks after every two stations. We will do four station rotations in the morning, then four in the afternoon. (8 stations with 13 players)

Station	Topic
1	Shooting Stations with the Gun
2	One on One Moves Facing
3	Contain, Protect, Contest Defensive Station
4	Ball Handling Wizardry
5	Transition Defense Full Court – Competes Against Station 6
6	Transition Offense Full Court – Competes Against Station 5
7	Post Moves - Back to Basket Moves
8	Rebounding

- 10:00 – 10:30 am First Round of Games – 5 Games (10 Teams)
- 10:30 – 11:00 am Second Round of Games – 5 Games (10 Teams)
- 11:00 – 11:30 am Third Round of Games – 5 Games (10 Teams)
- 11:30 – 11:35 am Snack
- 11:35 – 11:55 am Speaker
- 11:55 – 12:00 pm Afternoon Announcements and Stretching
- 12:00 – 12:40 pm Completion of Stations – Final Four Rotations (8 Stations with 13 Players)
- 12:40 – 1:10 pm Fourth Round of Games – 5 Games (10 Teams)
- 1:10 – 1:40 pm Fifth Round of Games – 5 Games (10 Teams)
- 1:40 – 1:45 pm Closing Remarks

OHSBCA GIRLS TOP 100 SHOWCASE

Saturday, April 17, 2010

- 8:30 – 9:00 am Registration / Check-in for players and coaches at Denison University
- 9:00 – 9:05 am Introductions, Expectations, and Organization Announcements
- 9:05 – 9:15 am Explanation of Teaching Stations
- 9:15 – 9:20 am Stretching led by athletic trainers
- 9:20 – 10:00 am Teaching Stations – 8 minutes apiece, 1 minute in between stations, drinks after every two stations. We will do four station rotations in the morning, then four in the afternoon.
- 10:00 – 10:30 am First Round of Games – 5 Games (10 Teams)
- 10:30 – 11:00 am Second Round of Games – 5 Games (10 Teams)
- 11:00 – 11:30 am Third Round of Games – 5 Games (10 Teams)
- 11:30 – Noon Snack and Speaker
- Noon – 12:05 pm Stretch
- 12:05 – 12:45 pm Completion of Stations – Final Four Rotations (8 Stations)
- 12:45 – 1:15 pm Fourth Round of Games – 5 Games (10 Teams)
- 1:15 – 1:45 pm Fifth Round of Games – 5 Games (10 Teams)
- 1:45 – 1:55 pm Closing Remarks
- 2:00 – 2:15 PM Time if we get Behind Schedule

Should be Done by 2:30 pm