



All Star Sports Theme Day Camp

8:45 – 9:10: Registration Check In

8:45-9:10: Beat the Coach Challenges

- Basketball – Best out of 5 shots
- Soccer – Best out of 3 penalty shots
- Football – Accuracy Throw
- Baseball – Best out of 3 grounders
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 10:00: Sports Skill Games

- Knock Out (Basketball)
- Dribble Eliminator (Soccer)
- Flag Tag (Flag Football)
- Pickle/Running Bases (Wiffle-ball/Baseball)
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Sports Scrimmage Station Rotations

- World Cup Soccer (Soccer)
- Hockey Tournament (Floor Hockey)
- Basketball One-on-One Tournament (Basketball)
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Sports Skill Stations

- Shooting, Dribbling, Passing, Throwing/Catching, etc. (All sports)
- _____ (Fill In)

11:30 – 12:00: All Camp Game w/ Prize

- Numbers Game (Any sport)
- _____ (Fill In)

12:00 – 12:30: Lunch or Half Day Camp Dismissal

12:30 – 1:00: Scrimmage Station Continued

1:00 – 2:00: Sports Individual Contests

- HR Derby (Baseball)
- 2 on 2 Tournament (Any Sport)
- Round Robin 6v6 Team Flag Football Tournament (Flag Football)
- _____ (Fill In)

2:00 – 2:45pm: All Camp Blow Out Game

- Dr. Dodgeball (Dodgeball)
- _____ (Fill In)

2:45 – 3:00 Handouts /Awards / Dismissal