

Weekindeling (Voorbeeld) - Engels + Basketbal

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07:30 - 09:00	Arrival	Wake up/ Breakfast						Theme park	
09:00 - 09:15		Morning meeting							
09:15 - 10:15		Placement testing	Functional language						
10:30 - 11:30		Skills Development							
11:45 - 12:45		Projects				Progress test			
13:00 - 14:00		Lunch							
14:15 - 17:45		Warm-up Basketball assessment Getting to know Players Conditioning Drills Shooting Drills Practice Warm-down	Warm-up Defensive fundamentals (foot quickness, blocking out / rebounding) Pressure Drills (full court, . court and . court traps) Practice Practice Warm-down	Warm-up Offensive fundamentals (offensive sets vs zone and man to man) Fast Break Drills (2 on 1, 3 on 2, 4 on 0, 5 on 0) Shooting drills Warm-down	Warm-up Shooting drills Patterns of play Special Situations (e.g. out of bounds play, free throw plays) Practice Warm-down	Warm-up Shooting drills Free throw competition Game preparation Tournament Warm -down Awards			
18:00 - 19:30		Dinner							
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration		Relaxation

Week2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast					Departure	
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Placement testing	Functional language					
10:30 - 11:30		Skills Development						
11:45 - 12:45		Projects				Progress test		
13:00 - 14:00		Lunch						
14:15 - 17:45		Warm-up Shooting drills Free throw competition Game preparation Tournament Warm -down Awards	Warm-up Shooting drills Patterns of play Special Situations (e.g. out of bounds play, free throw plays) Practice Warm-down	Warm-up Basketball assessment Getting to know Players Conditioning Drills Shooting Drills Practice Warm-down	Warm-up Offensive fundamentals (offensive sets vs zone and man to man) Fast Break Drills (2 on 1, 3 on 2, 4 on 0, 5 on 0) Shooting drills Warm-down	Warm-up Defensive fundamentals (foot quickness, blocking out / rebounding) Pressure Drills (full court, . court and . court traps) Practice Warm-down		
18:00 - 19:30		Dinner						
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge		Celebration