

# **HALF DAY LIBERO/DEFENSIVE SPECIALIST CAMP**

## **(LUNCH IS NOT PROVIDED)**

8:30 Check in- Holloway Gymnasium  
9:00 Welcome  
9:05 Individual Ball Handling Circuit  
9:35 Run-thru Ball Handling Circuit  
10:00 Controlled Digging Circuit  
10:30 Floor Technique  
10:50 Overhead Digging  
11:10 Off Court Pursuit Drills  
11:30 Closing