

IBCA-IHSAA Boys Underclassman Showcase BROWNSBURG HIGH SCHOOL

20th Annual – June 17, 2023

SESSION 1

10:00-10:30 am Registration/check-in for players and coaches

10:30-10:45 Welcome, announcements, and introductions

10:45-10:55 Stretching and Warm Ups by Franciscan Health Sports Medicine

11:00-11:36 Stations 5 minutes at each station 1 minute to rotate

Stations-Teams go with coaches to their first station

1. Transition Offense Full Court –Compete against Station 2-up stairs North
2. Transition Defense Full Court-Compete against Station 1-up stairs North
3. Shooting Drills-Pull up Jump Shots & Mid-Range Transition Shots- Main Gym basket 1
4. Rebounding the Basketball-4 on 4 Block outs and Offensive Rebounding-Main Gym basket 2
5. Contain, Protect, Contest-Individual & Help Side Defensive Concepts- main gym basket 3
6. Ball Handling and open court 1 on 1 moves -main gym basket 4

MORNING SESSION GAMES SCHEDULE

11:42 – 12:07 First Session of Games

Court 1 Downstairs Main – Red vs Blue

Court 2 Upstairs North - Green vs Orange

Court 3 Upstairs South - Black vs Purple

12:12 – 12:37 Second Session of Games

Court 1 Downstairs Main – Purple vs Orange

Court 2 Upstairs North - Black vs Blue

Court 3 Upstairs South - Red vs Green

12:42 – 1:07 Third Session of Games

Court 1 Downstairs Main – Red vs Black

Court 2 Upstairs North - Purple vs Green

Court 3 Upstairs South - Orange vs Blue

1:12 – 1:37 Fourth Session of Games

Court 1 Downstairs Main – Blue vs Green

Court 2 Upstairs North - Red vs Purple

Court 3 Upstairs South - Orange vs Black

1:40 Closing Comments Main Floor

