

IBCA-IHSAA Boys Underclassman Showcase BROWNSBURG HIGH SCHOOL

20th Annual – June 17, 2023

SESSION 2

2:00-2:30 Registration/check-in for players and coaches

2:30-2:45 Welcome, announcements, and introductions

2:45-2:55 Stretching and Warm Ups by Franciscan Health Sports Medicine

3:00-3:36 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 South
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

AFTERNOON SESSION GAMES SCHEDULE

3:42 – 4:07 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

4:12 – 4:37 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

4:42 – 5:07 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

5:12 – 5:37 Fourth Session of Game

Court 1 Downstairs Main – Blue vs Green

Court 2 Upstairs North - Red vs Purple

Court 3 Upstairs South - Orange vs Black

5:40- Closing comments Main Floor