



East Perth Eagles Girls Academy July Itinerary 2017

DEVELOPING ATHLETES, INSPIRING LEADERS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30am	Check-in	Check-in	Check-in	Pack up
9:00am	Introductions	Team Building	Team Building	Team Building
10:00am	Cross Training Activity	Shoot Out Competition	Nutrition for Basketball	Defensive Player Competition
10:45am	Morning Tea	Morning Tea	Morning Tea	Morning Tea
11:15am	One on One Offense	2 on 2 offense	3 on 3 offense	4 on 4 offense
11:45am	One on One Defence	Two on Two Defence	3 on 3 Defence	4 on 4 Defence
12:30pm	LUNCH	LUNCH	LUNCH	LUNCH
1:30pm	Mind Over Matter	Cross Training Activity		
2:00pm	1 on 1 principles -reading defence & learning how to control your opposition	Full court transitions -offense -defence	3 on 3 competition	4 on 4 competition
3:00pm	CLOSE	CLOSE	All-Star GAME V WSBL	Presentations
3:30pm			Squad	Photos