

Sports Camp

2-6 August 2021



SEK BUDAPEST
INTERNATIONAL SCHOOL

HUNGARY

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Sport Activities in the School Gymnastics	Hiking at Apáthy szikla	Sport Activities in the School Gymnastics	Városliget's playground	Sport Activities in the School: Dutchball
10:00-10:20	<i>Break</i>		<i>Break</i>		<i>Break</i>
10:20-12:10	Volleyball		Volleyball		Volleyball
12:10-12:40	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
12:40-13:40	Shooting fundamentals 3x3 drills Basketball	Rebounding, defence, 5x5 drills, Basketball	Dribbling skills, passing and catching, 4x4 drills Basketball	Recreational sports: Petanque	Perimeter skills, post skills, 5x5 drills Basketball
14:00-15:00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
13:50-14:50	Dribbling, set up for accurate passes, shots in goal Football	Receiving, receiving with accuracy, Football	Dribbling, maintaining possession, defense to offense Football	Recreational sports: Table tennis, Badminton, Tennis	Passing, kicking foot accuracy Football