

# Sports Camp

21-25 June 2021



**SEK BUDAPEST**  
INTERNATIONAL SCHOOL  
HUNGARY

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:00-10:00</b>	Sport Activities in the School Gymnastics	Hiking at Apáthy szikla	Sport Activities in the School Gymnastics	Budakeszi Vadaspark	Sport Activities in the School: Dutchball
<b>10:00-10:20</b>	<i>Break</i>		<i>Break</i>		<i>Break</i>
<b>10:20-12:10</b>	Volleyball		Volleyball		Volleyball
<b>12:10-12:40</b>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<b>12:40-13:40</b>	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
<b>14:00-15:00</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
<b>13:50-14:50</b>	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