



“The Ultimate Summer Sports Camps for Kids”



Campers go through various basketball drills while attending our basketball camp. The emphasis is place helping campers get better with their dribbling, passing, shooting, and defensive skills. Team concepts are Introduced with various offensive & defensive plays implemented so campers can get ready for the upcoming season.

Campers will play games during the camp session! Individual instructions will be given at every grade level.

Hard work will be on display at this camp!

- Campers needed to bring -

- Basketball Shoes

Camp issued Practice Gear (everyday no exceptions)

Water Bottle

{2} Towels

Extra Socks

Travel Bag

Lunch & {3} Energy Snacks

White T-Shirts (under practice gear)

Great Attitude



- The Basketball Experience -

Camp Instruction - Weeks 1 - 2

Beginner Skills Training



Learn the fundamentals of basketball. These sessions utilize innovative drills to improve dribbling, shooting, passing, rebounding, defense and agility (footwork). The sessions are 1-hour long and are designed for those new to the sport or with little experience.

Basic Ball Handling

Basic Ball Handling concentrates on the one fundamental area that will help with just about all other areas of the game. Basic Ball Handling works on developing right and left hand control, developing hand-eye coordination, etc.



- Agility & Ball Handling -

Camp Instruction - Week 3 - 4

Shooting Skills



Basic Shooting is designed to develop an athlete's shooting form and technique. Create muscle memory as players take shooting from the basics, work it through a step by step breakdown of a jump shot and work through the proper fundamentals of right and left hand lay ups.

Defensive Concepts



Fundamentals of Defense is the first part of becoming the Ultimate Defender. Players will learn proper body and hand positioning, how to properly slide and use hand positioning to defend the pass and crossover, work on defensive first step, etc.



- Shooting & Defense -

Camp Instruction - Week 5 & 6

Scoring Basics

Scoring Basics is designed to develop our members "moves" to score. Introduction to basic moves like the Euro Step, Spin Move, Floater, etc. Members will work their mid-range and finishing moves. Learn the importance of having various "moves" in your game.

Conditioning

Basketball Conditioning is the first step into getting into Basketball shape. Complete workout and drills to play late in a game. Basketball Conditioning will help young athletes improve their focus while improving their stamina.



- Scoring & Conditioning -

Camp Instruction - Week 7 & 8

The Team Game



Campers will get a true understanding of how play the game in a team setting. The camp will present to the campers real game situations to enhance their ability to think on the court.

Team offense and defense schemes will be introduces, as well as playing without the basketball. Our approach to the game will teach base on the fundamentals, so every camper get a chance to learn the game!



- Team Concepts -



Campers receive (2) sets of reversible practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice shoes preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -