



“The Ultimate Summer Sports Camps for Kids”



Handling the basketball is one of the key component in the game! Campers will go through various drills daily to enhance their overall skills when it come to handling the Rock! Right hand, left hand, crossover drills will be introduce at camp, but every camper will be given quality instruction at their own pace!

1. Ball Control
2. Speed Dribbling
3. Court Vision
4. Change of Direction
5. Handling the ball against pressure
6. Balance



- Ball Handling Drills -



Passing is the best way to advance the ball in game situations! It also create team chemistry, so our campers will spend extensive time in this area. Being able to pass the ball effectively start with having a great feel for the ball. Campers will be taught the proper way to advance the ball.

1. Eye contact
2. Proper grip
3. Follow through
4. Stepping toward the target
5. Passing under pressure
6. Bounce, Chest, Overhead passing
7. Passing into the post area



- Passing Drills -



Scoring! In camp, campers will learn how to shoot the basketball. Stance, ball rotation, finding the target, making lay-ups, and free throw shooting will be introduced & demonstrated in this segment. The importance of shoot selection, triple threat position, and the art of driving to the basket will also be taught.

1. **Proper Stance**
2. **Eye Contact**
3. **Shooting Grip & Balance**
4. **Triple Threat Position**
5. **Layups & Free Throws**



- Shooting Drills -



One of the key components of the game will be demonstrated with great emphasis. Footwork, proper stance, hand control, balance, and the importance of defending the goal with are introduced. Man to man defensive drills will be cover to enhance campers' confidence in this area.

1. Footwork & Proper Stance
2. Hand Speed
3. Recovery Skills
4. Guarding on the perimeter & the post
5. Transition Defense



- Defensive Drills -



Rebounds win championships!

Rebounding is a mindset and Campers will learn how important it is to the game! Coaches will take campers through various drills that will give campers the mental edge come season time.

1. Boxing out
2. Holding position under the basket
3. Creating space
4. Footwork
5. Eye contact
6. Competing
7. Outlet passing



- Rebounding Drills -



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.



- Basketball Gear -