

# BASKETBALL CAMP

Youth Instructional Sports and Performance Training

## **Week 2 (June 10 -14)**

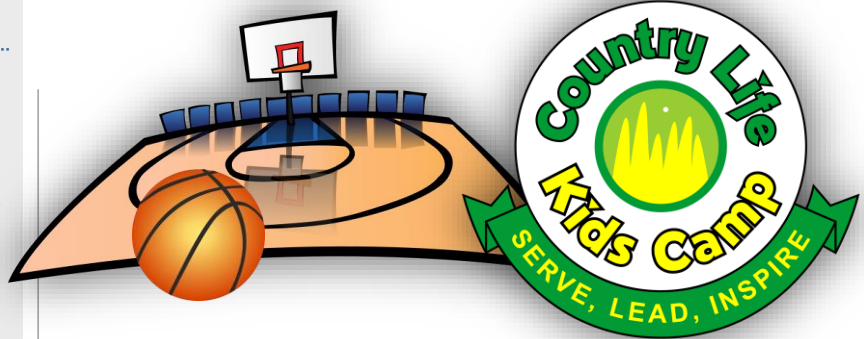
The first basketball week will focus on the fundamentals of basketball such as shooting, lay-ups, finishing moves, footwork, passing, jump stops, pivoting, blocking out, rebounding, dribbling, ball-handling, foul shooting, and defensive and offensive development. Fundamentals are the key ingredients to master for they will give the athlete the skills to compete and contribute at the next level no matter the competition. Dynamic drills will be used to challenge and excel player's skill sets along with increasing their court IQ.

## **Week 5 (July 8 - 12)**

The final basketball week will give the athletes the ability to challenge their fundamental skills at higher levels of performance where their court awareness, mental toughness, work ethic and attitude will play the biggest role. They will learn team offensive and defensive fundamental strategies and concepts such as moving without the ball, pick and roll execution, screening, pressing, fast break, switching defenses, post play and perimeter play. Learn the skills necessary to become a Champion!

## **Cross Training Program**

Total body conditioning will be the emphasis for cross training each week and will focus on the specific basketball movements and muscle groups to allow the athlete to coordinate skills and improve performance effectively and efficiently.



## What gives our basketball camp the competitive edge?

### **Top Coaching Character and Sport Leadership Development**

We offer an exceptional coaching character and sport leadership development program that was developed by a University of Akron Sport Science and Wellness Instructor and college basketball coach. Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

### **Top Skilled and Invested Coaches**

We are honored to announce that all our coaches/instructors have either coached or played within the local high school and university educational systems. They have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. They have a positive coaching philosophy that ties sport skills to life.

### **NEW Boot Camp Fitness Program**

Is offered to those children who participate in *four* or more weeklong training sessions throughout the entire summer. This program provides them with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.