

# BASKETBALL CAMP

Youth Instructional Sports and Performance Training

## Week 2 June 9 -13

### Basketball 1

The first basketball week will focus on the fundamental skill development:

Focus on dribbling, shooting, passing and defensive techniques.

Finishing moves / Footwork

Passing / Jump stop / Pivoting

Blocking out / Rebounding

Defensive and offensive development

Fundamentals are the key ingredients to master as they give athletes the skills to compete and contribute at the next level, no matter the competition. Dynamic drills will be used to challenge and enhance players' skill sets, along with increasing their court IQ.

## Week 5 July 7 - 11

### Basketball II- Court IQ

The final basketball week will allow athletes to challenge their fundamental skills at higher levels of performance.

Key areas of focus will include Court awareness / Mental toughness / Work ethic / Attitude.

Athletes will learn team offensive and defensive strategies and concepts such as:

Moving without the ball

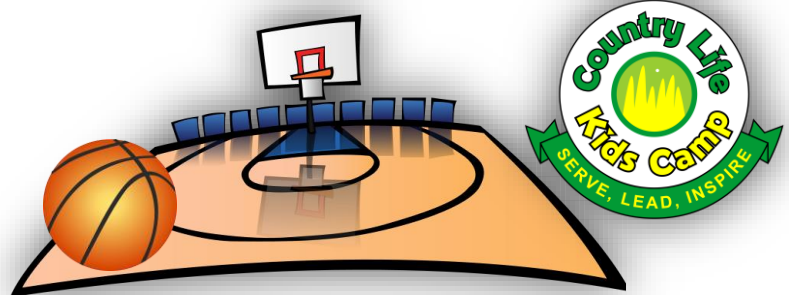
Pick and roll execution

Screening / Pressing

Fast break

Switching defenses

Post play /Perimeter play



### What gives our basketball camp the competitive edge? Exceptional Coaching and Leadership Development

Our program offers a sport psychology toolkit for life. Athletes strive to excel physically and mentally, gaining a better understanding of improvement, achievement, and success in both individual and team settings.

### Top Skilled and Invested Coaches

Our coaches have experience in local high school and university systems, earning awards like All-American, Teacher and Coach of the Year, and more. They bring a positive coaching philosophy that ties sport skills to life.

### Community and Fun

At Country Life Kids Camp, we believe in creating a supportive and fun community. Campers will:

- **Build Lifelong Friendships:** Meet and bond with fellow basketball enthusiasts.
- **Participate in Team-Building Activities:** Engage in activities that promote teamwork and camaraderie.

Join us at Country Life Kids Camp and take your basketball skills to the next level while having an unforgettable experience!