

ELEVATE YOUR PROGRAM with Traveling Camps

FOR BOTH BOYS & GIRLS

Don't miss the hottest local basketball camps this summer!

HANDLEZ & PURE SHOOTING CAMP

Our **Handlez & Pure Shooting Camp** is highly specialized. The Handlez ball handling portion of camp is to develop mastery of basic to advanced moves and improve dribbling instincts in competitive situations.

- Emphasizes ball handling moves and techniques
- Focus on proper footwork needed to make strong moves and protecting the ball
- · Teaches court vision and awareness

The **Pure Shooting** is designed to develop a solid foundation for shooters from floor to finish. This shooting portion is based on intense repetitive movements that build fine motor skills needed to be a great shooter from beginners to advanced. Players get reps to develop a consistent and proper shooting form through competitive shooting drills.

- Focus on maintaining proper shooting form, quickness of shot, and height of release.
- Emphasize proper footwork when stepping into a shot and shooting off the dribble.
- Teaches the ability and techniques to shoot coming off screens and creating shots on your own.
- · Players will learn intense shooting workouts

OFFENSIVE PLAYMAKER CAMP

This camp is designed to become an offensive threat that can score in multiple ways. Players take their skills to score and apply them to game situations.

THE CAMP WILL FOCUS ON THESE AREAS:

- Learning how to use various offensive moves including moves for attacking the hoop in different situations, post moves, pick-and-rolls, and scoring off screens.
- · Making strong and efficient moves to the basket
- Reacting to the defense in game situations
- Competitive drills playing 1x1, 2x2, 3x3, 4x4 to practice and give players the opportunity to build on the skills.

At all camps, players are grouped by ability. Bring your own basketball and water bottle. T-shirt included.

FOR MORE INFORMATION CONTACT:

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Coaches, please click <u>here</u> (if viewing on screen) or visit the Basketball page of our website to answer a few questions to help get us started.