

BASKETBALL

William Hardeman

Coach/Trainer

DECEMBER 4th - 6th, 2018

SKILL DEVELOPMENT

Sponsored: Chief Atahm School

**Basketball: Dribbling/Passing/
Lay-Ups/Shooting/Rebounding**

5:30pm – 8:00pm

Ages 7 & Up!

Contact: Craig DC 250.679.8837

Five Day Basket Ball Camp

Day 1

<p>AM SCHOOL</p> <ul style="list-style-type: none"> ✧ Warm up- End line to End line, jogging, sprints. ✧ Dribbling Stationary- left hand, right hand, under left leg, under right leg, behind the back, crossover 	<p>PM</p> <ul style="list-style-type: none"> ✧ Warm up as morning ✧ Dribbling Full Court- ✧ Two Man lines ✧ Behind the Back ✧ Cross over
<p>AM</p> <ul style="list-style-type: none"> ✧ Warm up - End Line to End Line, jogging, sprints. ✧ Passing Stationary- Chest pass, Bounce pass, Overhead pass, Baseball pass, Circle pass, Wall pass. 	<p>PM</p> <ul style="list-style-type: none"> ✧ Warm up as morning ✧ Passing Full Court- Two Man, Three man, Three man Weave

Day 2

<p>AM SCHOOL</p> <ul style="list-style-type: none"> ✧ Warm up- End line to End line, Jogging, Sprints. ✧ Lay ups- Right hand, Left hand, Centre, Reverse. 	<p>PM</p> <ul style="list-style-type: none"> ✧ Warm ups as morning. ✧ Lay ups - How to get them.
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<p>AM</p> <ul style="list-style-type: none"> ✧ Warm ups- End line to End line, Jogging, Sprints. ✧ Shooting- Mid Range, Long Two, Long Range, Catch and Shoot 	<p>PM</p> <ul style="list-style-type: none"> ✧ Warm ups - As Morning ✧ Shooting - Pull ups, One Hand Floater, Step Back, Fade away.
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Day 3

<p>Am SCHOOL</p> <ul style="list-style-type: none"> ✧ Warm ups- End line to End line, Jogging, Sprints. ✧ Rebounding- Flight of the Ball, Block out. ✧ Fast Break 	<p>PM</p> <ul style="list-style-type: none"> ✧ Warm ups- As morningl ✧ Pick and Roll ✧ Post Play- Low Left Block, Low Right Block, Mid Post, High Post.
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