

OVERVIEW

This camp is designed for athletes of all experience levels, ages 7-15. Groups are organized by age and ability, and all drills and games are adjusted so beginners feel confident while more advanced players stay challenged.

MONDAY – FINISHING & LAYUPS

Focus: Scoring around the basket

- Footwork and body control
- Strong-hand and weak-hand finishes
- Finishing through contact

TUESDAY – SHOOTING FUNDAMENTALS

Focus: Consistent, confident shooting

- Shot mechanics and balance
- Catch-and-shoot vs. shooting on the move
- Shot selection and spacing

WEDNESDAY – PASSING & DECISION-MAKING

Focus: Playing with teammates

- Passing fundamentals
- Reading defenders
- Ball movement and spacing

THURSDAY – CREATING SPACE & ADVANTAGES

Focus: Beating defenders

- Cuts, screens, and movement without the ball
- Creating separation off the dribble
- Counters when the defense takes away options

FRIDAY – OFFENSIVE CONCEPTS & GAME PLAY

Focus: Putting it all together

- Intro to basic offensive concepts (motion, spacing, flow)
- Team communication and roles
- Controlled scrimmages