



SPECIAL SKILL CLINICS/CAMPS

SHOOTING AND OFFENSIVE SKILLS

FOR 4TH- THROUGH- 12TH GRADE BOYS AND GIRLS

This clinic is a necessity for players of all levels. The program will teach players how to maximize their offensive skills through college/NBA style workouts. The clinic will help piece together a player's offensive game and build confidence in game situations. Skills that will be covered include jump shooting, shooting off the catch, shooting off the dribble, attacking the basket, dribble moves, triple threat, and playing through contact. **Players will be divided by age and gender.**

SHOOTING AND INSTRUCTIONAL PICK-UP

FOR 4TH-THROUGH-12TH GRADE BOYS AND GIRLS

This program is broken into two segments. The shooting camp portion is guaranteed to improve a player's shot and will dissect each individual's mechanics. The program will feature competitive shooting drills and high level repetition. The second segment of this camp concentrates on game-play development. Players will learn how to compete at a high level against other players of comparable skill, gender and age. **Players will be divided by age and gender.**

ADVANCED OFFENSIVE SKILLS

FOR 8TH-THROUGH-12TH GRADE BOYS AND GIRLS

This intensive offensive skills camp will cover a variety of shooting drills and offensive moves. This includes mechanical breakdown of the shot, shooting off the dribble, shooting off screens, and shooting off combination moves. Other skills that will be covered include: reading defenses, attacking at different angles, creating shots for other people, passing, game-play development, playing through contact and attacking the basket. **Players will be divided by age and gender.**



GENERAL SPEED-AGILITY-QUICKNESS

This specialized program consist of quick twitch drills, low-hurdles, plyometrics, heavy ball work, and a variety of other drills that will improve core strength, speed, flexibility, explosiveness, coordination, stamina, vertical jump, lateral angular movement, and most importantly confidence. This program is designed to help young athletes develop mentally and physically.

Contact the program director below to schedule individual or small group training sessions.

Program Director/Varsity Head Coach

Andrew Lacey

804-246-6040

coachlacey@hotmail.com