

U.S. BASKETBALL



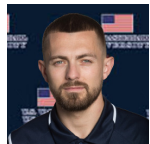
UNIVERSITY

BASKETBALL & SPORTS CAMP SUMMER 2021

CHARACTER BUILDING | LEADERSHIP DEVELOPMENT | LIFE LESSONS

★ ★ **NOW ENROLLING** ★ ★
Grades 1-6

Camp Coaches:



TRAVIS DIVITA
Masters University



RYAN WATKINS
Boise State University



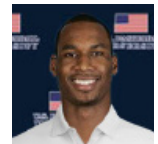
NANA GBEWONYO
Henderson State University

SPECIAL GUEST SPEAKER



ANDY ENFIELD
USC HEAD COACH

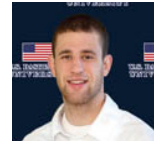
Camp Coaches:



OTIS GEORGE
University of Louisville



KENT DENNIS
Loyola Marymount University



DREW MENEZ
UC Davis

SESSION 1: JULY 19-JULY 23
SESSION 2: JULY 26-JULY 30

SESSION 3: AUGUST 4-AUGUST 6
SESSION 4: AUGUST 9-AUGUST 13

Monday-Friday :: 9am-5pm



WEST RANCH HIGH SCHOOL
26255 VALENCIA BLVD.

ENROLL AT: USBasketball.us | 661-750-9902

Open to any and all entrants (limited only by number, age, grade level and/or gender).

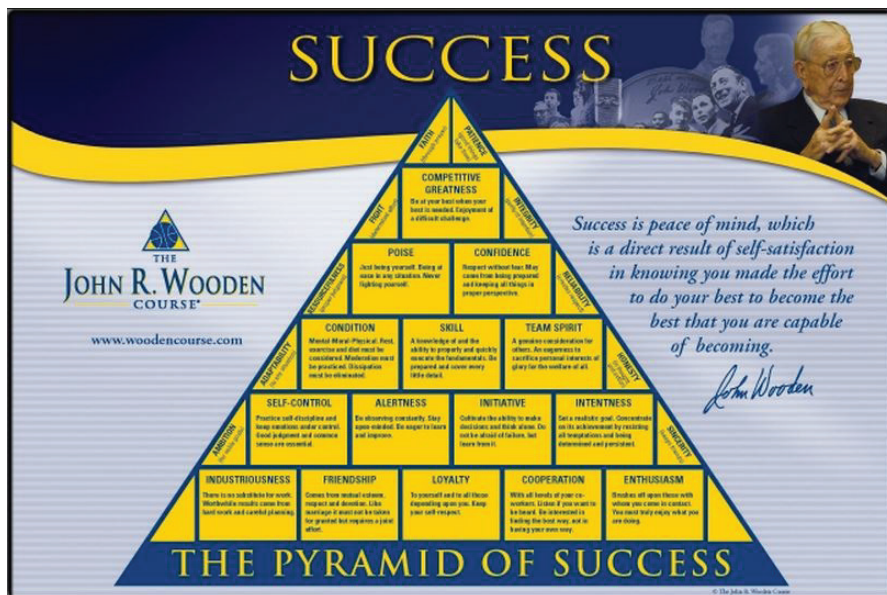
★ **\$295/Session** ★

Includes Tons of Fun & Elite Instruction

COACH JOHN WOODEN

Legendary UCLA coach John Wooden's Pyramid of Success is woven throughout each day at camp. Each day begins by presenting one of the building blocks of the pyramid and campers are challenged to exercise this principle in all of the day's activities. During the Film Work station, a short video of the day's building block is presented and discussed. The Pyramid of Success is a road map on what is necessary to achieve individual and team competitive greatness on and off the court.

THE PYRAMID OF SUCCESS



Sample Camp Schedule:

8:00-8:50AM: USU Camp Opens

Check in, free shooting and play time for early arrivals

9:00-9:15AM: Roll Call, Announcements, and Stretching

9:15-9:30AM: Group Athletic Agility Drills

Campers perform movement drills and work to improve their balance and quickness

9:30-10:10AM: Full Court Skill Development Drills by Division

Campers work with Coaches and run drills to improve their basketball IQ, ability to move without the ball, handle the ball, improve their shooting skills, footwork, passing, and defense.

10:10-11:20AM: Stations

Campers rotate and work in groups on Individual Basketball Skills including Shooting, Passing, Dribbling, Screening, Rebounding, Individual Offense, and Defense. Drills are progressive throughout the week.

11:30-1:15PM: Noon Rotation of 30 minutes each in Beach Volleyball, Flag Football or Whiffle Ball games, Lunch, and Video

Five on five games are played on short full courts. Lunch and video give campers a chance to get off of their feet for an hour.

1:15-2:15PM: Formal Instruction in Beach Volleyball, Baseball and Football skills

Campers receive sport specific instruction by former college players in each of the sports listed above. Campers play a number of different games in their division while working on developing team skills.

2:15-4:45PM: Afternoon Rotation of Five on Five Games, Lecture, Shooting Game of the Day.

Five on five games are played on short full courts. Lecture time is devoted to Leadership Training with a USU Camp coach. Shooting games are fast paced and include Knockout, Team 21, Three Line Knockout, Team Around the World, and Team Knockout.

4:45-5:00PM: Announcements, Awards and Dismissal