

U.S. BASKETBALL



UNIVERSITY

BASKETBALL & SPORTS CAMP SUMMER 2019

CHARACTER BUILDING | LEADERSHIP DEVELOPMENT | LIFE LESSONS

★ ★ **NOW ENROLLING** ★ ★
Grades 1-9

Guest Speakers:



Rachelle Bostic
Indiana University
Athletic Hall of Fame



Matt Scott
US Paralympic
Basketball Star

SPECIAL GUEST SPEAKER



GREG KAMPE
LEGENDARY HEAD COACH
OAKLAND UNIVERSITY

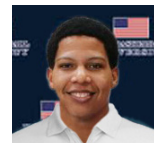
Camp Coaches:



OTIS GEORGE
University of Louisville



DREW MENEZ
UC Davis



RYAN WATKINS
Boise State University

SESSION 1: JULY 8-12

SESSION 2: JULY 15-19

SESSION 3: JULY 22-26

SESSION 4: JULY 29-AUG 2

SESSION 5: AUGUST 5-9

Monday-Friday :: 8:30am-3:30pm

*7am Early Drop Off



SHRINE CATHOLIC Schools

Faith. Family. Future.



Shrine High School Campus 3500 W 13 Mile Road | Royal Oak, MI 48073

ENROLL AT: USBasketball.us | Coach Cruz 248-565-6057

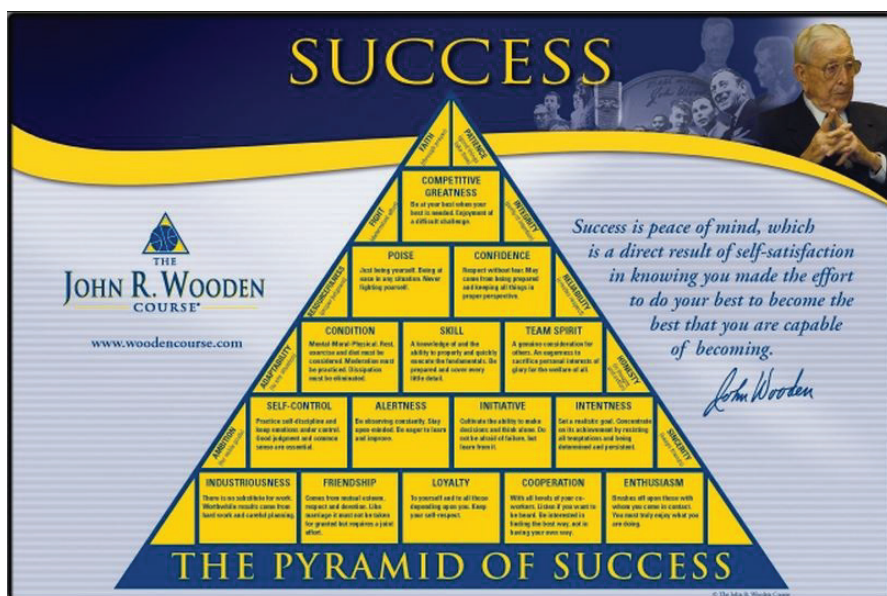
★ **\$225/Session** ★

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:

7:00-8:30AM: Early Check In

8:30-9:00AM: Roll Call, Announcements, Warm Up and Stretching

9:00-9:30AM: 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.

10:00-11:30AM: 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.

11:30-12:30PM: Noon Rotation of 30 minutes each. Lunch, and Video
Lunch and video give campers a chance to get off of their feet for an hour.

12:30-1:30PM: Formal Instruction in Baseball and Football skills
Campers receive sport specific instruction. Campers play a number of different games in their division while working on developing team skills.

1:30-2:30PM: Afternoon Rotation of Five on Five Games, Shooting Game of the Day.
Five on five games are played on short full courts. Shooting games are fast paced and include Knockout, Team 21, Three Line Knockout, Team Around the World, and Team Knockout.

2:30-3:15PM: Video, Lecture & Discussion.
Lecture time is devoted to Leadership Training with a USU Camp Coach.

3:15-3:30PM: Announcements, Awards and Dismissal