

Bellevue Christian Skills Development Camp

PURPOSE:

To provide five days of intense focus on what it takes to improve individual skills.

The goal of camp is to teach each camper skills that can be worked on long after camp is over. Skills are introduced with timed progressions so the athlete is challenged to perform at a high rate of speed.

AREAS COVERED:

- ◆ Footwork & moves from a pivot foot
- ◆ Shooting Instruction—Fundamentals
- ◆ Shot Preparation
- ◆ Passing and Receiving
- ◆ Live Ball Moves & Lay-ups
- ◆ Individual & Team Defense: Stance & Closeouts; Ballside & Helpside
- ◆ Setting & Using Screens
- ◆ Competitions: Daily Prizes
- ◆ Develop confidence, love of the game, and improve your individual skills.
- ◆ Scoring in the Post
- ◆ Sealing
- ◆ Footwork
- ◆ Individual Development Workouts

IMPORTANT DETAILS

DATES:

June 21 –25

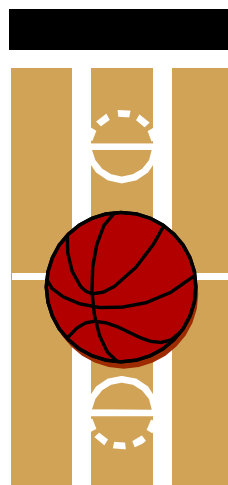
TIME: 6:30—9:30 pm

Grades: 7-12

COST: \$75

PLACE: BCS Main Gym (High School)

CAMP DIRECTOR: Coach Mike Downs has directed camps for the past 30 years.



Viking Basketball Skills Development Camp

June 21st—25th

Grades: 7-12

Bellevue Christian High School Gym



Execution of fundamental skills at a high rate of speed ultimately determines an athlete's success on the court.