



FREE SUMMER BASKETBALL CAMP

JULY 13-15, 2020 • 8:30am - 2pm

BOYS & GIRLS CLUBS OF MONTEREY COUNTY - SALINAS CLUBHOUSE • 85 MARYAL DRIVE, SALINAS

Gil Basketball Academy and Boys & Girls Clubs of Monterey County are teaming up to offer this dynamic summer basketball clinic!

Sign up at gilbasketballacademy.com



**BOYS & GIRLS CLUBS
OF MONTEREY COUNTY**

FUNDAMENTALS STATIONS: 1 Drill a Day / Increase Intensity Daily

SHOOTING

- Shooting mechanics fundamentals
- B.E.E.F. (Balance, Eyes, Elbow, Follow-Through) drills; off the pass, backboard, pump fakes, drives...
- 2 ball shooting drill
- Shooting competitions
- 7 up shooting drill
- Dribble pull ups shooting drill

DEFENSE/PASSING

- Stance, balance, posture (stationary)
- Fire feet defensive drill
- Defensive slides, rebounding, close-out drills
- Partner passing drills (chest, bounce, overhead)
- Triple threat passing drill (2 lines opposite)
- 2 on 0 passing drill
- 3 and 4 man weave passing drill
- Speed drills with hurdles and ladder



BALL HANDLING

- Cross over, behind the back, through the legs, spin
- Stationary drills; triple threat, figure 8s around different body parts, inside out etc.
- Advanced drills; ladder dribbling, 2 ball dribbling, step back, partner resistance, advanced chair drills, etc.
- Set up cones, 2-3 lines, speed up the pace
- Zig-zag drills w/dribbler
- Chicken dribble drill
- Dribble tag, dribble knock out, speed dribble drills



GBA/BGCMC Summer Basketball Camp 2020 Daily Schedule

MONDAY, July 13, 2020

8:30-9:00am	Arrive / Check in / Shoot around	grades K-6th
9:00-9:30am	Dynamic stretches / Exercises	
9:30-10:15am	Fundamentals stations / Drills / Topic of the day	
10:15-11:15am	Full Court 5 on 5 Games	
11:15-12:00pm	Basketball competitions: Knockout	
12:00-1:00pm	Lunch	grades 7th-8th
1:00-2:00pm	Fundamentals stations / Drills / Topic of the day / Full court 5 on 5 games	
2:00pm	Clinic closure / Lecture / Feedback / Home	

TUESDAY, July 14, 2020

8:30-9:00am	Arrive / Check in / Shoot around	grades K-6th
9:00-9:30am	Dynamic stretches / Exercises	
9:30-10:15am	Fundamentals stations / Drills / Topic of the day	
10:15-11:15am	3 on 3 league, ½ court games	
11:15-12:00pm	Basketball competitions: King of the Hill	
12:00-1:00pm	Lunch	grades 7th-8th
1:00-2:00pm	Fundamentals stations / Drills / Topic of the day / Full court 5 on 5 games	
2:00pm	Clinic closure / Lecture / Feedback / Home	

WEDNESDAY, July 15, 2020

8:30-9:00am	Arrive / Check in / Shoot around	grades K-6th
9:00-9:30am	Dynamic stretches / Exercises	
9:30-10:15am	Fundamentals stations / Drills / Topic of the day	
10:15-11:15am	3 on 3 league, ½ court games	
11:15-12:00pm	Basketball competitions: Dribble Knockout	
12:00-1:00pm	Lunch	grades 7th-8th
1:00-2:00pm	Fundamentals stations / Drills / Topic of the day / Full court 5 on 5 games	
2:00pm	Clinic closure / Lecture / Feedback / Home	

Camp is free.

Sign up at the Boys & Girls Clubs of Monterey County or register at gilbasketballacademy.com