

# WORKOUT CAMP 08



THE 2008 SUMMER WORKOUT CAMP WILL RUN FROM **JUNE 9 - JULY 18TH** - TAKING THE WEEK OF JULY 4TH OFF. IT RUNS ON **MONDAY - WEDNESDAY - FRIDAY FOR 90 MINUTES** DURING THE AFTERNOONS. THE CAMP IS SET UP REALIZING THAT PLAYERS WILL MISS A FEW SESSIONS DURING THE COURSE OF THE CAMP. **THIS IS THE CAMP THAT WILL IMPROVE YOUR GAME.** REPETITION OF FUNDAMENTAL SKILLS AND GOAL SETTING IS KEY. THIS CAMP HAS BEEN RUNNING FOR 10 YEARS AND ITS PARTICIPANTS INCLUDE KIDS FROM 2ND TO 12TH GRADE.

## LHS HEAD BOYS BASKETBALL COACH CHRIS DAVIS

DAVIS HAS RUN THE CAMP FOR 10 YEARS DEVELOPING THE WORKOUTS AND DRILLS THAT WILL HELP TO IMPROVE SHOOTING, BALL HANDLING (with both hands), PASSING, FOOTWORK AND CONFIDENCE. THIS CAMP HAS BECOME THE TEMPLATE FOR THE NATIONAL ASSOCIATION OF BASKETBALL COACHES NATIONAL CAMP. THERE WILL 50 TO 100 CAMPS CONDUCTED ACROSS THE COUNTRY THIS SUMMER.



## DRILL WORK IS DONE IN GROUPS AND INDIVIDUALLY

DRILLS ARE EXPLAINED AND PRACTICED - THEN EACH CAMPER WILL BEGIN SCORING THEIR DRILLS. GOALS ARE SET FOR EACH DRILL AND EACH CAMPER HAS THEIR OWN PERSONAL MARKS TO HIT. PERFORMING EACH DRILL GOING AT TOP SPEED IS ONE OF THE KEYS TO THE CAMPS SUCCESS.

## BOYS AND GIRLS FROM 2ND TO 9TH GRADE

SESSIONS ARE SET UP AS FOLLOWS:

**COED GRADES 2ND - 4TH**

**GIRLS 5TH - 9TH**

**BOYS 5TH - 9TH**

THERE IS FLEXIBILITY WITH PLACEMENT IN EACH GROUP BASED ON MANY THINGS, INCLUDING SKILL LEVEL AND CAMP SIZE OF EACH CAMP.

**A SIMILAR CAMP IS BEING RUN BY COACH AARON SIEBENTHALL FOR HIGH SCHOOL PLAYERS**

**- PLEASE EMAIL - [ASIEB@SUNFLOWER.COM](mailto:ASIEB@SUNFLOWER.COM) OR CALL HIM AT 766-4769 IF YOU ARE INTERESTED IN INFORMATION FOR IT**



# WORKOUT CAMP 08

|  |  |  |     |     |     |     |
|--|--|--|-----|-----|-----|-----|
| <b>Due Date: June 22</b>   |  | <small>Let's see how you improve over time when you have done the drill correctly.</small> |     |     |     |     |
| <b>Off Hand Speed Dribble</b>  |  | 200  | 200 | 200 | 200 | 200 |
| <b>Mummy</b>   |  | 10   | 10  | 10  | 10  | 10  |
| <b>4</b>   | <b>Speed Free Throws</b> <small>Shoot 10 / record your makes</small>       |  |     |     |     |     |
| <b>Speed Layups</b> <small>Make what each box designates</small>           |  | 15   | 15  | 15  | 15  | 15  |
| <b>Figure 8 Dribble</b>  |  | 15   | 15  | 15  | 15  | 15  |
| <b>Due Date: June 24</b>   |  |  |     |     |     |     |
| <b>Speed Free Throws</b> <small>Shoot 10 / record your makes</small>       |  |  |     |     |     |     |
| <b>Speed Layups</b> <small>Make what each box designates</small>           |  | 15   | 15  | 15  | 15  | 15  |
| <b>5</b>   | <b>Catch, Square &amp; Shoot</b> <small>With a partner if possible</small> |  |     |     |     |     |
| <b>Strong Hand Air Tips</b>  |  |  |     |     |     |     |
| <b>Mikan Drill</b> <small>Make as many as the following box states</small> |  |  |     |     |     |     |

## INDIVIDUAL WORKOUTS

INDIVIDUAL WORKOUTS ARE USED BETWEEN EACH SESSION TO HELP CAMPERS UNDERSTAND THE IMPORTANCE OF PRACTICING ON YOUR OWN - AND THEY SEE IT PAY OFF DURING THE TESTING PHASE OF CAMP. WORKOUTS ARE DESIGNED BY AGE AND ABILITY LEVEL. WHEN CAMPERS MISS A SESSION OR TWO THEY CAN STAY UP WITH THEIR WORKOUTS.

## WORKOUTS CAN BE DONE AT HOME OR THE PARK

WHERE EVER THEY HAVE ACCESS TO A BASKET AND COURT - AND IN SOME CASES JUST A PLACE TO DRIBBLE -

THIS IS A GREAT TIME FOR PARENTS TO INTERACT WITH THEIR KIDS. HAVE THEM SHOW YOU THEIR WORKOUT AND YOU CAN CHECK THEM OFF. YOU WILL REALLY ENJOY WATCHING THEM IMPROVE.



## THE WORKS!

- 15 NINETY MINUTE SESSIONS WITH COACHES
- 15 INDIVIDUAL WORKOUTS
- A CAMP SHIRT AND A CAMP BALL
- ONLY \$125

THEY WILL GET BETTER AND THEY WILL HAVE FUN!

ITS GREAT FOR A BEGINNER AND FOR THE BEST KID IN TOWN. THEY ALL WILL IMPROVE. ASK TAYLOR PARKER, STEVEN VINSON, OR BRENNAN BECHARD

FOR REGISTRATION FORMS - EMAIL COACH DAVIS AT [CDAVIS@SUNFLOWER.COM](mailto:cdavis@sunflower.com)  
OR CALL HIM AT 979-4539