



## **GIRLS BASKETBALL CLINIC**

### **FUNDAMENTALS**

**PRIDE**

**RESPECT**

**"EVOLVE INTO THE PLAYER & PERSON YOU WANT TO BE THROUGH HARD WORK, PERSEVERENCE AND KNOWLEDGE"**

**CONNECTING THE YOUTH WITH OUR HIGH SCHOOL ATHLETES!**

**FOCUS ON FUNDAMENTAL SKILLS OF BASKETBALL & LIFE**

**SUMMER 2019**

**WHO: GIRLS GRADES 4-9**

**WHEN: MONDAY, July 8, 2019 → FRIDAY, JULY 12, 2019**

**FULL DAY: 9-3pm**

**WHERE: PHS HIGH SCHOOL & MIDDLE SCHOOL COMPLEX**

*\*Participants attending are required to bring a lunch and drinks to stay hydrated\**

*\*Snacks & and Drinks will be sold at the concession stand\**

*\*Each participant will receive a T-Shirt\**

**COST: \$180 (Proceeds benefit the boys & girls basketball programs)**

**CLINIC WILL FOCUS ON OFFENSIVE & DEFENSIVE FUNDAMENTAL SKILLS:**

- Triple Threat stance
- Defensive stance & Positioning
- Court Vision & Awareness
- Passing skills and creating passing lanes
- How to set & utilize the screen properly
- Fast break lanes
- Boxing out position & reading the ball off the rim
- Ball handling & V-cuts
- Reading a trap (offense) & creating traps (defense)
- Shooting technique (video tape and critique of individual shot)
- Daily games incorporating fundamental team & individual skills
- End of the week competitions



### **CLINIC DIRECTOR**

**FORMER HIGH SCHOOL COACH/ ATHLETIC DIRECTOR CHRIS SERRA**

**ASSISTED BY COACHES & PLAYERS OF THE PHS BOYS & GIRLS BASKETBALL TEAM**

**PROCEEDS BENEFIT THE PHS BOYS & GIRLS BASKETBALL PROGRAMS**

**LECTURES THROUGHOUT THE WEEK WILL BE CONDUCTED BY FORMER HIGH SCHOOL, COLLEGE COACHES AND PLAYERS**

**REGISTRATION FORMS ARE AVAILABLE THROUGH PORTLAND PARKS & RECREATION**

**[www.portlandct.org](http://www.portlandct.org) or 860-342-6757**