



Lady Eagles Basketball Camp

WHO – Girls going into 2nd grade through incoming freshmen.

WHAT – Lady Eagles Basketball camp will be held for future Lady Eagles or individuals wanting to become all around better basketball players.

WHEN – Camp will be held Monday June 4th through Thursday June 7th. Camp will begin at 1:00PM and end at 4:00PM

WHERE – Holliday Gym

WHY – Lady Eagles Basketball Camp is designed with future Lady Eagles in mind. Camp will be upbeat and enthusiastic like high school practice. We will focus mainly on footwork, fundamentals, shooting, defense, teamwork, competition, and install drills that will be used in the future. The camp will be directed by Holliday Lady Eagles Head Coach Derek Winn and assisted by Holliday Coaches and Former Players.

COST - \$60 per camper (includes camp shirt) before May 25th, After \$65 per camper

Please fill out the registration form below
Please make Checks Payable to Derek Winn

If you have any questions please email me at Derek.Winn@Hollidayisd.net

Athletes Name _____

Address _____

City/Zip _____

Phone _____ **Email** _____

Grade Next Year _____

Shirt Size (Please Circle) YS YM YL AS AM AL AXL AXXL

Lady Eagle Basketball Camp



Date: June 4, 2018

8:30

Time	Clock	Drill	Instructions	Groups		
12:40	20	Registration				
1:00	5	Introductions of coaches/Camp welcome/Thought of the Day				
1:06	5	Warm up/stretch				
1:11	7 (5)	Group Fundamentals				
	7	Beef Shooting		3-4 Graders		
	7	Partner Shooting		5-6 Graders		
	7	4 Corner Passing		7th Graders		
	7	2 Line Passing		8th Graders		
	7	Def Slides		9th Graders		
1:46	7(5)	Group Fundamentals 2				
	7	Cone Dribbling		3-4 Graders		
	7	2 Ball Dribbling		5-6 Graders		
	7	UNT Layups		7th Graders		
	7	Short Layups		8th Graders		
	7	Closeouts		9th Graders		
2:20	15	Water Break	Concession Stand Open			
2:35	40	Full Court Drills				
	10	3 man Weave	Old Gym	3-4 Graders		
	10	Pitch N Fire		5-6 Graders		
	10	3 Line Shooting	New Gym	7th Graders		
	10	Def/Off Zig Zag		8th Graders		
				9th Graders		
3:15	5	Water Break				
3:20	20	Competition	New Gym			
		Full Court Dribbling	Timed Dribbling	Jump Stop/Pivot/Come Back		
		5 Spot Shooting	Team Shooting			
3:40	20	3 on 3				
		5 on 5				
4:00	End					
		Thought of the day: --“Complacency is the forerunner of mediocrity. You can never work too hard on attitudes, effort, and technique.” - Don Meyer				