

SHERRARD GIRLS
BASKETBALL CAMP
2008-2009



Camp Emphasis

Practicing Fundamental

Skills: You will go through daily stations, receiving individual instruction on the skills of shooting, rebounding, ball handling, passing rebounding, screening, and defense.

Playing with Enthusiasm and

Intensity: You will play games each day, during which you will realize that it is not just how fast you run or how high you jump that makes you a good player. Sometimes it is how hard you try.

Becoming a Team Player:

You will learn to work with your teammates as you practice team defense, running an offense, cooperation, self-sacrifice, and goal setting.

General Information

If you love the game of basketball and want to improve your basketball skills, come to the Sherrard High School Girls Camp. At camp, you will become a better basketball player and have fun.

Who: Girls entering 3-8th grade.

Where: Sherrard Junior/Senior High
Date: June 28 – July 2
Time: The camp will begin at 8:00
and conclude at 11:00 AM
Staff: Will consist of Sherrard
coaches and current high school and
current college players.

Daily Schedule

7:30-7:50 Doors open for
individual work. Campers will shoot free
throws at this time.

7:50-8:00 Stretch and wake up
drills

8:00-8:50 Mass Fundamentals

8:50-9:35 Hury, Hury Stations

9:35-10:05 Individual contests:
Hotshot,

3-point shootout

10:05-10:55 League Games

10:55-11:00 Hustle Drill

Motion Offense

PURPLE

