

# SKILLS COVERED AT GAME7 BOOT CAMPS

Game 7 Basketball will teach you the game beyond the basics.

What makes us different?

We show you the correct way to do something. We will demonstrate for you.

We teach you Form - Speed - Contact

We do not give you too many skills in 1 lesson.

We practice at Game Speed.

You take home notes on each skill you work on.

You will be given homework assignments.

You will be given written exams.

We hold you accountable for learning what your parents or guardians are paying for.

## 10 session program

Topics covered are:

1. Stationary ball handling drills and why they are important.  
Hand-eye coordination, agility, quickness, stamina with the ball, confidence, creating space, strengthen hands, arms and legs.  
Two ball dribbling.  
Juggle off floor, sitting, kneeling, same time, alternate, east west, north south, wipers, inside out, crossover, between legs, behind the back.
2. Passing  
Skip pass, baseball, chest, bounce, passing against pressure, partner passing, weak hand passing,  
  
Driving past defender.  
Body to body, north south, shoulder to hip, retreat dribble, creating mini close out situations.  
Burke drives, chair drill
3. Shooting Mechanics  
BEEF Principles, Footwork, L, guide hand, release, wrist, shooting pocket, training your eyes, hard focus vs. soft focus, form shooting, knee, butt, chair shots, mechanical problem evaluation, training on shooting machine. Shooting off dribble, star shooter training device used if player has a problem with elbow being out, proper grip, palm space, finger placement, hand placement using marked basketball as training aid, arc requirements, arc measurement, backspin, confidence, mental aspects, why you cannot emulate most pros when it comes to shooting, one motion importance, developing a quick release, getting "locked and loaded", bringing ball to "shooting pocket".

## Triple Threat Position

Stance, Ball Protection, footwork, off dribble footwork, 1-2step, step back, jab step series, don't over extend on jab, stay balanced, selling the jab Rip through using the rip machine.

### 4. Moving without the ball

Stay low on catch, cut to ball, L-cut, V-cut, inside cut, backdoor cut, drift baseline, fill behind, Defensive stance, slide, contest, loose balls, closing out, taking a charge.

### 5. Strength and Conditioning

We try to perform whatever we can with or on a basketball, jump rope, core exercises, wood chopper, partner pass, get ups, squats, bear crawls, lunges, squat thrusts, basketball pushups. We do not compromise form for anything. We don't play basketball to get in shape.

Shot fake, staying in your seat, selling the shot fake.

Improving your agility, stop-go-change of direction with basketball Core exercises which will give you quickness and strength. Players will experience soreness and will be expected to train with a lot of effort.

### 6. Dribble Moves

Stutter step, hesitation, crossover, behind the back, through the legs, Stutter cross, retreat dribble, change of speed, change of direction, inside out dribble, counter moves.

#### Types of dribbles

Speed, Control, Escape or Retreat, Glide Techniques are shown which will force you to stay low.

Dribble through the ball, push and pound hard into floor, wrist flexibility.

### 7. Post Moves.

Good angles, where to post, your 3rd hand, possession over position, post w passion, hand target, sitting low, chin it, find defense, footwork.

Starting Low-Finishing High

Drop Step, Half Hook, Up and Under Strong and Weak Side, Separation Post up Moves,

#### Rebounding

Pursuit of the ball

Passion

Position

Reaction drill, superman drill, Bronx rebounding drill, taps, training body to jump twice, developing a power dribble. Crab Dribble. Claiming your space.