

Trojan Basketball Camp  
 Boy's 3-6th

Dates: May 28-31, 2019

Time: 1:00 - 3:00 pm

At Troy High School

Cost: \$10.00 payable to THS  
 Boy's Basketball

(Proceeds to go toward the high school summer basketball league cost)

# TROJAN BASKETBALL CAMP 3-6TH GRADE BOYS

A basketball camp for future Trojan boy's basketball players at Troy High School Gym.  
 Skills and fundamentals taught by the high school Coaches  
 Shooting mechanics, passing skills, dribbling skills, individual defense, team defense, and rebounding

### SHOOTING MECHANICS

Shooting mechanics to be taught include power stance, explosion angle, wrist snap, index finger, follow through, check form for free throw set shots and jump shots. Lay-up approach, angle to the basket, placement of the shot on the backboard, and jumping and landing.

### Basketball: Set Shot

Balance



Feet shoulder width apart, knees bent.

Elbow



Elbow extended, wrist snap, index finger on the ball.

Eyes



Arms as straight as possible, eyes on the basket.

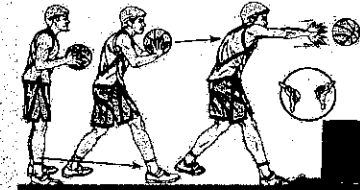
Follow through



Follow through on the shot, arms and legs in the air.

### PASSING AND DRIBBLING SKILLS

Passing skills, two hand placement, finger pad control, body balance, triple threat position, elbow extension, wrist snap, thumbs through, backward rotation, ball in the air before target player arrives, catch and square up, and protect the ball.

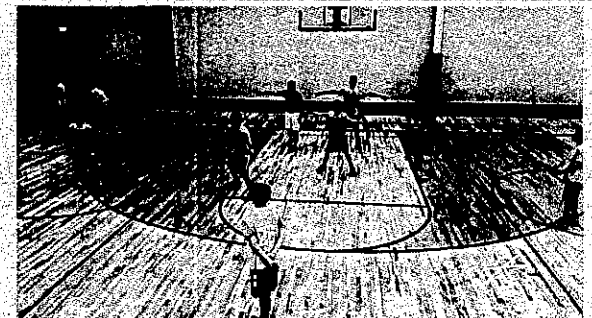


Dribbling skills, body balance, hand position, dribble height, ball position, cross over moves, driving to the basket skills.



### DEFENSIVE SKILLS

Individual defensive skills, body position knees bent, toes in, weight in front of feet, hand closest to the ball on the ball, hand off the ball in the passing lane, off the ball guard the basket, guard the passing lane to your man prevent the next pass, block out on rebounds.



Camper's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
 Contact #1 \_\_\_\_\_ Contact #2 \_\_\_\_\_ 1st camp Y N  
 Parent or Legal Guardian's Name \_\_\_\_\_  
 Parent or Legal Guardian's Signature \_\_\_\_\_  
 Date \_\_\_\_\_

At all times we will practice safe basketball skills. Regardless, injuries may occur. I understand that no insurance will be provided and that Trojan Basketball Camp is not responsible for risk of injury.