

SKC Basketball Clinic

Where: Salish Kootenai College

When: **Jan. 11th & 12th**

Time: **Jan 11th 9-11**

Jan 12th 10-12

Payment can be made on the first day of camp cash or check

Ages 5-16 (Groups Below)

Group 1: 5-7

Group 2: 8-12

Group 3: 13-16

Camper's Name: _____

Camper's Age: ____

M____ F____

Cost: \$25/Student

This includes- Salish Kootenai College Basketball Players at each session. Students will get hands on training while learning the fundamentals of the game of basketball. Students will need a clean pair of basketball shoes and shorts. Please make sure your student athlete is there on time.

If you have any questions please feel free to call me at any time! Thank you!

Coach Tiensvold

Cell: 406-546-0286

Email: missy_tiensvold@yahoo.com

***A healthy snack will be provided after each session**

Day 1 9:00-11:00

Ages 5-7

9:00-9:15 Make sure all students have registered

9:15-9:25 Dynamic

9:25-9:35 Dribbling Drill

9:35-9:45 Passing Drill

9:45-9:50 Water

9:50-10:00 Dribbling Relay with made basket

10:00-10:15 Defensive Slides w/cones

10:15-10:25 Defensive slides in Key (Ivory Drill) (Trace Drill)

10:25-10:45 Husky Drill

10:45-11:00 Dribbling Relay

Ages 8-12

9:00-9:15 Make sure all students have registered

9:15-9:25 Dynamic

9:25-9:35 Dribbling Drill Shots on Blocks

9:35-9:45 Passing Drill w/Layups

9:45-10:00 Passing Drill w/Block Pops

10:00-10:05 Water

10:05-10:15 Defensive Slides w/cones

10:15-10:30 180 Shooting Drill

10:30-10:45 Husky Drill

10:45-11:00 Dribbling Relay

Ages 13-16

9:00-9:15 Make sure all students have registered

9:15-9:25 Dynamic

9:25-9:35 Dribbling Drill Shots on Blocks and Elbows

9:35-9:55 Passing Drill w/Layups, Block Pops, Stop and Pops

9:55-10:00 Water

10:00-10:15 Defensive Slides w/cones

10:15-10:30 180 Shooting Drill

10:30-10:45 Husky Drill

10:45-11:00 Dribbling Relay

Day 2

Reinforce Fundamentals

Ages 5-7

Ages 8-12

Ages 13-16