

## OUR CAMP IS BROKEN DOWN INTO FUNDAMENTAL LEARNING TECHNIQUES THAT USE THREE PHILOSOPHIES:

### 1. Development 2. Education 3. Playing time and Practice

**1. Development = CONDITIONING** Our condition training is intense and demands each player to move their fitness level higher. Conditioning includes speed training, agility training, strength training, vertical explosion, and learning how to properly stretch and warm-up before each practice or game. Conditioning is one of the most important components because it will allow players to move the intensity of their performance higher than they thought possible. **SKILL DEVELOPMENT** Skill development is a complex part of training because it involves breaking down each element of basketball and teaching the proper techniques of those elements. Skill development works on shooting technique, ball handling, passing, rebounding, defensive training (post perimeter development, man vs. zone, rebounding, etc.), half court transitional moves, offensive training (shots off the dribble, positional breakdowns, cutting theories, etc.), footwork, and more. These skills will also improve each player's ability to work smoothly with their team and improve communication among teammates.

**2. Education = STRATEGY DISCUSSION** This will help players understand offensive and defensive plays, the reasons behind certain footwork, shooting, or ball handling techniques. It will explain how plays work and why they are effective. It will explain the good techniques versus bad techniques and the methods behind them. This component is important because it allows each player to ask questions about the different strategies and plays that may come up during a game. It also enables in-depth interactive learning by allowing the players to watch, listen, ask questions, and then put it to the physical test. **MENTAL FOCUS** The mental aspect of the game is perhaps the most detrimental if not controlled and focused. We prepare each player for intense situations that will test their mental soundness and teach them how to focus their nervous energy into positive energy and apply it to their playing abilities.

**3. Playing time and Practice = SCRIMMAGE** Scrimmaging will be broken down into one on one play, two on two, three on three, and four on four. One on one playing will help players make effective cuts to get open for shots, assertively rebound, and learn how to persistently defend a player. Two on two playing will work on transitions, technical defense, and basic communication between players. Three on three scrimmaging will create a network of offense; improve cuts to the basket, screening moves, and check defensive shifts. Four on four plays will enable offensive/defensive plays, basic man vs. zone defense, advance communication between teammates, and recreate game situations. This progressive ladder helps the players put the previously learned skills into action without impeding their confidence. **COMPETITION** Players will be able to put their skills to the test. By officiating the games ourselves we create yet another learning experience. Coach Clayton can give advice to players as they make mistakes during the game, helping them develop their strategic game. With the new skills we've taught them they will have the right ingredients to make the winning recipe, and it will come out during game time.

## COMPLETE SCU CAMP REGISTRATION BY MAIL OR ON OUR WEBSITE

Name \_\_\_\_\_ Projected HS Graduation Year \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

(use adult sizes)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Emergency # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Cell # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Cell # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-Mail \_\_\_\_\_

(Please print upper and lower case as is on e-mail)

Honors \_\_\_\_\_

Players Strengths \_\_\_\_\_ Weaknesses \_\_\_\_\_

Areas of Special Interest \_\_\_\_\_

School Name \_\_\_\_\_

Coaches Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Coaches Home Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

If available Coaches Cell # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-Mail \_\_\_\_\_

(Please print upper and lower case as is on e-mail)

SCU Mini Elite Teams Workout Camp  June 15 - 18 Co-ed  
 SCU Elite Camp I  June 22 - 26 / SCU Elite Camp 2  July 27 - 31  
 Cost \$500 per person (includes:room/board/meals)

**If you have questions please call (304) 562-2424  
 or visit our website at: [www.scuhoop.com](http://www.scuhoop.com)**

SCU office use only

Deposit of \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_ \$ \_\_\_\_\_

Balance Due \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_ \$ \_\_\_\_\_

• Paid in Full