

Youth Basketball Camp

1st – 2nd grade

This program is designed to teach 1st – 2nd grade children the fundamental concepts of basketball. The program focuses on technique through the use of five clinics that subsequently build upon each other, helping each participant gradually increase their ability to perform the basic skills necessary to play basketball.

The first week will be a “get to know your team” practice. It is designed for participants to meet their team members, learn/review the very basics of how to play basketball, and practice the first week clinic fundamentals of dribbling and defense.

After the first practice, each team/group will have 4 scheduled practices/games; they will consist of:

- A 5-minute warm up period (can be used for team meeting, warm up, etc.)
- A 20-minute clinic
- A 5-minute halftime/water break
- A 20-minute scrimmage; all players attending will be split into two teams