

# MOUNTAIN LAKES BASKETBALL CAMPS

2024 Mountain Lakes High School July 8<sup>th</sup> – 11<sup>th</sup>, July 15<sup>th</sup> – 18<sup>th</sup> (Girls), July 22<sup>nd</sup> – 25<sup>th</sup>

Jeff Reid, Head Coach Mountain Lakes Boys Basketball

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- **BOYS/GIRLS CAMP (July 8<sup>th</sup>-11<sup>th</sup> Boys/July 15<sup>th</sup>-18<sup>th</sup> Girls)** : The camp will instruct the players on the proper fundamentals for offensive and defensive play. Drills will be utilized to teach and reinforce ball handling, passing, and shooting skills. Individual and team defensive techniques will also be emphasized through drills, demonstrations, and game situations. Games will be played daily with campers placed on teams according to age, size, and ability.
- **BOYS CAMP (July 22<sup>nd</sup>-25<sup>th</sup> Boys 6<sup>th</sup>-Incoming 9<sup>th</sup>)**: Offensive Skills and Shooting Camp. Boys 6<sup>th</sup> thru incoming 9<sup>th</sup> grade will learn higher level offensive skills like handling man pressure defense, using a screen, pick and roll, reading the defense & offensive options, how to get yourself open, 2 & 3 man games, and other offensive skills needed at the high school level. Players will spend time learning proper shooting technique including hand placement, proper rotation, elbow position, release point, and follow thru (the gooseneck!). All drills taught by counselors can be utilized at home for practice and improvement. Games will be played daily with players placed on teams according to grades and ability.

- **BOYS/GIRLS CAMP SCHEDULE:**

8:30-8:45 Free Shooting

8:45-9:00 Attendance/Stretch

9:00-9:35 Fundamental Stations

9:35-10:10 Game 1

10:10-10:20 Gatorade Break

10:20-11:00 Drills/Skills

11:00-11:45 Game 2 11:45-12:00 Review/Reaction

**STAFF:**

Jeff Reid – Head Boys Basketball Coach Mountain Lakes HS

Paul Bongiorno – Athletic Trainer

\*Coaches will be assisted by players from the Varsity Boys & Girls basketball teams who will instruct and coach players throughout camp.

REGISTRATION LINK: <https://go.teamsnap.com/forms/422535>

