



Collegiate Prep Basketball Summer Camp Information

Program Content:

- Speed, agility and flexibility* training
- Proper *shooting* form and *preparation*
- Becoming a *"two footed player"*
- Personal reliability* within the team defense
- Understanding of *defensive angles and rotations*
- Assessing the defense for *proper passing angles and entries*
- Rebounding* strategies utilizing *leverage and horizontal concept*
- Improvement of **weak hand**
- Necessary *body lean* while ball-handling
- Individual & am *defensive* stance *alignment*
- Offensive *non-ball skills*
- Reading the *secondary defense*
- Understanding and *escaping pressure defenses*
- Proper *screening angles, techniques and reads*

The camp will be directed by Coach Bert Tucker of Collegiate Prep Basketball Academy in conjunction with area middle school coaches. To learn more about Coach Tucker please visit the website and see the *About Us* page.

Methods Employed:

- Motivated and enthusiastic environment
- On court demonstrations with active participation and repetition
- Competitive breakdown drills for skill development under game conditions
- Improved foot speed, quickness and reaction time
- Explaining the "why" to increase comprehension level

Benefits:

- Dramatically improved individual fundamental skills
- Enhanced knowledge about "how to play the game"
- Enlightened perspective of personal role & team play
- Improved foot speed, quickness and reaction time
- Foundation to improve individually outside of camp

Gatorade Program:

We would like to offer our Gatorade program to players for \$15/player/camp. You will have unlimited Gatorade provided to you all week long in a Collegiate Prep water bottle. At the end of every day your bottle will be refilled so that you can enjoy your drink on the ride home after a hard work out.

To register please click [here](#) and choose your desired camp date/location and rising grade level.