

This camp is designed to develop and improve skills, particular to the perimeter and post positions. This camp is recommended to all those who want to improve their individual skills such as shooting, passing, post work, perimeter work, ball handling and one on one scoring opportunities. Enrollment in this camp is limited, spaces will be granted on a first come first served basis. Please contact the University of Regina Recreation and Health Services at 585-4371 to register. For more information contact Dave Taylor at 585-4068 or at dave.taylor@uregina.ca

CAMP SCHEDULE

Grades 5-6 Monday-Wednesday 5:00-6:00
Grades 7-8 Monday – Wednesday 6:00-7:00
Grades 9-11 Monday-Wednesday 7:00-8:00
All Sessions at U of R Gyms

COST FOR 18 SESSIONS IS \$300



University of Regina

Cougar Women's Basketball Academy

Summer Session 2010

July 12th-September 22nd

Grades 5-6

Grades 7-8

Grades 9-11

Perimeter Play:

- *Advanced ball handling drills*
- *Becoming a great shooter*
- *Moving Without the Ball*
- *Advanced passing skills*
- *On/Off the Ball defensive techniques*
- *Specific point guard training*
- *First step*
- *Passing the ball into the post*
- *Advanced Offensive Skills*

***DON'T MISS OUT ON THIS CHANCE TO
TAKE YOUR GAME TO THE NEXT LEVEL!!
REGISTER NOW. EACH GRADE LEVEL WILL
HAVE ONLY 25 PARTICIPANTS. PLEASE
REGISTER FOR THE GRADE LEVEL AS OF
SEPTEMBER 2010***



Post Play:

- *Becoming a low post scorer*
- *Offensive positioning and pass receiving*
- *Face up and drop step power moves*
- *Low and high post shooting*
- *Post screening fundamentals*
- *Defending the high and low post*

This camp is a tremendous opportunity to really focus and develop some great skills. The focus will be on the individual skills of passing, defense, ball handling and shooting as well as one on one, two on two and three on three offensive and defensive fundamentals.

Camp Directors:

Dave Taylor

Cougar Women's Basketball Head Coach

Steve Burrows

Cougar Women's Basketball Assistant Coach

And other Cougar Players such as Brittany Read and Joanna Zalesiak