

# KC East Lions Girls Basketball Camp

**Type of camp** – Skills camp, focusing on developing basketball skills, and confidence

**Skill level** – all levels    **Grades:** 5 – 12

**When?** May 23, 24, 26 from 3:00-5:30 PM

**Where?** KC Elite Gym - 622 N. Main St., Independence, MO

**How much?** \$50 - [CLICK HERE TO REGISTER NOW!](#)

## What will players get out of the camp?

- Learning competitive basketball rooted in faith-based instruction
- Improve your ball handling skills
- Partner Passing drills to learn the proper chest pass, bounce pass, flick air pass, etc.
- Learn the proper shooting mechanics, release to finish while shooting close to the rim
- You will learn and improve your dribbling, passing, shooting form, lay-up form, and agility to take your game to the next level.

### Ball Handling

- Be able to control and have a better feel for the basketball. Dribble with eyes up to have great court vision
- Stationary ball handling routine that improve rhythm, feel, and coordination with the basketball
- The ability to change speeds and directions to create separation and advantages

### Shooting

- How to position your feet and align your body to increase the chance of shooting the ball straight
- A form shooting routine that almost every great shooter has utilized that can be done at home
- Proper footwork and how to develop a quick release
- Proper shooting hand and off-hand placement

### Lay Ups / Finishing

- Finishing techniques used to reduce turnovers and make more shots
- 1 on 1 finishing drills that ingrain good habits while competing in a fun way

### Passing

- The ability to throw passes on target and on time
- Using pass fakes to not telegraph your passes
- Catch in triple threat position for an aggressive mindset

### Footwork

- How to use your feet to gain a better position to score from almost anywhere on the floor
- Understand the importance of beating a defender with your feet and creating separation with the dribble
- Learning the footwork will lessen travels and help to create separation

### Defense

- Learn proper defensive stance and footwork to keep the offensive player in front of you