

## *WOTN 2018 Summer Camps*



Our philosophy at Wear Out The Net Basketball Academy is a belief that it takes a combination of skill development and game play to make the complete basketball player. Our goal is to inspire you to become a better basketball player by offering mini camps with a format to ensure play throughout the summer. Make the weekly commitment to sharpen your ball handling skills, learn to play competitively, gain basketball strength and knowledge and become a better shooter. Each week you will leave with drills to help you achieve fundamental skills by incorporating what you learn into daily practice time. Sign up NOW to play on a regulation size wood basketball court with top -notch Minnesota coaches in a small group setting and start Wearing Out The Net!

### **WOTN STRONG**

#### **Grant Erickson Ball Handling Camp-\$68 (Four 60 minute work-outs)**

**\*\*\*\* Lead by Grant Erickson; The 2013-2014 assist/turnover ratio leader in all three NCAA divisions, three-year WIAC assist/turnover ratio leader and second all time assist leader in UW-River Falls history.**

- ~High intensity training
- ~Ball handling skill work-stationary and two-ball
- ~Aggressive dribbling and attacking the basket
- ~Game play/Contests

#### **Become a Shooter and Scorer Camp -\$136 (Eight 60 minute work-outs)**

- ~Three station format-Become a Game Shooter, not just a practice shooter.
- ~60 minutes of focused, disciplined shooting with confidence and mental toughness.
- ~Warm up will include form shooting and fundamentals of the shot.

**Station One: Shooting drills using the NEW Dr. Dish Shooting Machine**

**Station Two: Attacking the basket using a series of chair drills**

**Station Three: Shooting off screens/Zone shooting drills**

**\*EACH PLAYER WILL ROTATE AT EACH STATION DURING THE ONE-HOUR SESSION.**

- ~Full Court shooting/Games