

Gopher State High School Basketball League

Training Camp Clinics

Time Schedule Ex.	Week 1 – Dec 7 Fridley HS	Week 2 – Dec 14 NSC	Week 3 – Dec 21 Fridley HS	Week 4 – Jan 4 NSC
Weekly Themes	All Stations	Shooting/B. Handling	Offensive Work	Defensive Work
9:00am - 9:30am	BB Skills Coaches Planning Mtg	BB Skills Coaches Planning Mtg	BB Skills Coaches Planning Mtg	BB Skills Coaches Planning Mtg
9:35am - 9:45am	Free Shooting	Free Shooting	Free Shooting	Free Shooting
9:45am - 9:50am	Welcome	Welcome	Welcome	Welcome
9:50am - 10:00am	Stretch/Warm Up	Stretch/Warm Up	Stretch/Warm Up	Stretch/Warm Up
10:00am - 10:20am	Ball Handling Work	Stationary Dribbling	Passing/Spacing	Shell Drill
10:20am - 10:25am	Water Break	Water Break	Water Break	Water Break
10:25am - 10:45am	Shooting Work	Lay Ups (RH & LH)	Transition/Fastbreak	90-Second Denial
10:45am - 10:50am	Water Break	Water Break	Water Break	Water Break
10:50am - 11:10am	Offensive Work	Cone & 2-Ball Dribbling	5-on-0 Motion O	3v3 Closeouts
11:10am - 11:15am	Water Break	Water Break	Water Break	Water Break
11:15am - 11:35am	Defensive Work	V-cut & Dribble Pull Ups	Out of Bound Plays	2v2 Box Out/Rebound
11:35am - 11:40am	Water Break	Water Break	Water Break	Water Break
11:40am - 11:45am	Conditioning	Conditioning	Conditioning	Mini-Games
11:45am - 12:00pm	Mini-Games	Leadership - Teamwork	Leadership - Respect	Mini-Games

Purpose of Training Camps?

It allows our Basketball Skills Coaches to teach multiple skills/drills to every player participating in our clinics in addition to getting them the conditioning they'll need to play in the Gopher High School League.

There will be 4 areas of focus during training camps. Training camp clinics are subject to change based on the level of participation and/or the Basketball Skills Coach. Below are some of the basketball drills that we'll use during our training camps.

SHOOTING S

Lay Up (RH & LH)
Mikan Drill
Dribble Pullups
V-cut Shooting
Movement w/o Ball
Using Screens

BALL HANDLING

Wall Dribbles
Cone Dribbling
Stationary Ball Handling
Dribble w/Movement
Two-Ball Dribbling
1-on-1 Dribble Moves

DEFENSIVE

Shell Drill
1 v 1 Closeouts
2 v 2 Box Out/Rebound
3 v 3 Closeouts
90 Second Denial
Help and Recover

OFFENSIVE

Screening Actions
Passing/Spacing
5 v 0 Motions
Out of Bounds Plays
Pick & Roll Actions
Fastbreak/Transition Drills