



Alodia Shooting & Scoring Camp – “2,000 shots in 4 days!”

The Alodia Shooting and Scoring Camp is designed to help players develop the fundamental skills needed to score in the game of basketball. Instruction will focus on proper shooting technique and helping each player learn to shoot with their ideal shooting arc. The goal is to create the proper habits so that players can improve more rapidly with increased practice repetitions.

Players will also be taught a variety of finishing moves at the basket as well as individual moves designed to create space to execute their shot fundamentals. Each day the players will not only receive instruction but will participate in drills that provide many repetitions and various competitions. Players will shoot at least 500 shots per day and over 2,000 shots in 4 days!

Sample Daily Schedule:

1:00-1:05	Warm-up
1:05-1:25	Finishing Drill - 15 different lay-ups -75 shots
1:25-1:35	Form Shooting/Mental Imagery – 25 shots
1:35-1:50	Spot-up shooting – 50 shots
1:50-2:05	Shooting of the dribble (ball screens) – 25 shots
2:05-2:20	Free Throws/Shot Analysis – 25 shots
2:20-2:35	Move of the Day – 50 shots
2:35-3:00	Shooting League Competition – 75 shots
3:00-3:10	Break
3:10-3:25	Transition Shooting – 25 shots
3:25-3:55	Spot -up shooting – 50 shots
3:55-4:10	Create Space Drill – 25 shots
4:10-4:25	Screen Shooting & Free Throw League - 75 shots
4:25-4:30	Awards/Announcements