

Alodia Total Player Camp – “*Elevate Your Game*”

The camp is designed for players that want to build confidence in their ability to take their game to the next level. Campers will work on all aspects of the game of basketball. Drills will be designed to teach:

- ball handling skills
- passing skills
- individual offensive moves and proper shooting mechanics

In addition campers will be taught the following:

- Various methods to free yourself from a defender
- How to execute on-ball screen verses various defensive strategies
- How to move without the ball to create scoring opportunities
- Drive and space rules
- How to set and execute screens away from the ball
- Basic man to man defensive principles
- How to defend screens
- How to score in transition
- Rebounding techniques
- Individual workout drills that can be practiced on their own at home
- End of game strategies

Each day campers will have the opportunity to improve their individual skills through a series of drills, receive instruction and learn various offensive and defensive concepts that are essential to becoming a good basketball player and compete against each other in 5-on-5 and 3-on-3 competitions.