

The Break Camp

Improve Your Skills

March Break Basketball Skills Camp

featuring

1000 Shot Program & Advanced Ballhandling Series



The 21st Annual Break Camp will be a **Shooting & Ballhandling** focused week of camp giving your son or daughter an unbelievable opportunity to gain the tools necessary to become a more consistent shooter and better ball handler.

It will consist of:

- ▶ Individual Shooting Film Analysis
- ▶ Shooting elbow arm straps
- ▶ Rim reducer.
- ▶ Advanced ballhandling series
- ▶ Moves on the move
- ▶ How to beat your defender off of the catch, off of the move, off of a screen
- ▶ Defending a shooter
- ▶ Rebounding
- ▶ Passing
- ▶ Post entry; Post play: basic and advanced
- ▶ Fundamental Stations
- ▶ Group clinics: healthy active decision-making
- ▶ Team Games , 3 on 3, 1 on 1
- ▶ Great opportunity to improve your fundamentals in a competitive environment
- ▶ Players are grouped by age and skill level.

The Camp is designed for **boys and girls** of all ages (**7-15**) and all skill levels. The Camp will focus on shooting fundamentals & a ballhandling series while offering ample opportunity to compete against other quality basketball players.

Ballhandling Series

One ball dribble series; stationary & dynamic, full court two ball dribbling; stationary, partner, full court moves on the move; beating your defender; ballhandling footwork; cardiovascular & strength training via ballhandling series

**WHERE GREAT
BALLHANDLERS &
SHOOTERS ARE
MADE, NOT BORN**



March 11-15, 2024 9am - 3 pm
Bishop Tonnos CSS
100 Panabaker Dr., Ancaster
\$255 (\$10 sibling disc., \$235 team rate)
905.518.6778 steve@magabasketball.com
www.magabasketball.com

BE A PART OF A WINNING SYSTEM
POSITIVE LEARNING ENVIRONMENT
CERTIFIED TEACHER INSTRUCTORS
DESCRIPTIVE FEEDBACK
NEW SKILL ACQUISITION & COMPETITION

REGISTRATION FORM ** Fill out form using the QR Code & Etransfer **

Name _____ Grade _____ M _____ F _____

Email _____ Home Phone _____

\$255 (HST Included) Alt Phone _____

