

The Break Camp

Improve Your Skills



March Break Basketball Skills Camp

featuring

1000 Shot Program & Advanced Ballhandling Series



The *16th 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.

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

The Camp is designed for **boys and girls** of all ages (**7-14**) 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



March 11-15, 2019 9am - 3 pm

Bishop Tonnos C.S.S.

100 Panabaker Dr., Ancaster, ON

\$235 (\$10 sibling disc., \$215 team rate)

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www.magabasketball.com

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

**REGISTRATION FORM ** MAIL REGISTRATION FORM & PAYMENT TO:
MAGA BASKETBALL – P.O. BOX 171, Mt Hope ON L0R1W0**

Name _____ Grade _____ M _____ F _____

Email _____ Home Phone _____

\$235 (HST Included)

Alt Phone _____

