

Durham Hurricanes

Skills and Drills Lessons

*****Focus*****

WHO: BOYS AND GIRLS AGES 7-13

WHERE: DUKE SCHOOL FOR CHILDREN
3716 OLD ERWIN RD
DURHAM NC 27705

WHEN: SUNDAYS 4:00-6:00PM

Session includes:

** Conditioning

****Check Website for Dates and Cost****

Each session will include but will not be limited to the following skills and drills:

** Ball Handling

Conditioning and Core Development:

Conditioning is a key component of any sport. Athletes must be in shape to compete or even participate. The conditioning portion will include wind sprints, Lunges, Balls Squats and Shuttle Runs. Core Development is another must for any athlete or for the overall benefit of any individual. Participants will do sit-ups, push ups, squat thrusts, crunches and more!

** Shooting

Ball Handling, and Shooting:

Participants will work on ball handling and shooting. The concentration will be control dribbling, speed dribbling, ball protection and passing. Participants will learn ball position for shooting, shot preparation and balance.

** Open Play

Organized Play:

Participants will spend the last 30-minutes in organized play. They will use the skills that they have learned and apply them in open play.



DURHAM HURRICANES

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INSURANCE and LIABILITY WAIVER

I/we hereby waive and release The Durham Hurricanes Basketball Camp and its staff from any responsibility and liability for illness or injury to my/our child during the clinic. It is further understood that the Durham Hurricanes do not carry insurance for participating campers and by signing below we are affirming the existence of Medical Insurance for my/our child during the clinic. I have read the waiver and I agree

PARENT/GUARDIAN SIGNATURE _____

DATE _____