



# HOOPS4HEALTH<sup>®</sup>



## Spring Break Camp

In this camp we will work on all the fundamental basketball skills necessary to becoming an all around solid player. Campers will be developing good training and fundamental habits while learning drills that can be used at home. Skills we will be teaching include defense, dribbling, rebounding, shooting, screening, and more. There will be many fun and challenging drills, games, and contests. Each sessions will focus on a different skill and will finish with applying these skills in 5 on 5 games which will be played at the end of every camp day.

### Clinic Information

- Fundamentals covered include Triple Threat Stance, proper shooting form, moving/cutting without the ball, defense, passing, rebounding, and dribbling.
- Contests and prizes
- Each session ends with scrimmage games
- Game situation drills
- Mental Aspect of the Game, sportsmanship, positive attitude, off court maintenance, healthy lifestyle

#### Ages

Sessions for the following Boys and Girls  
Grades JK/K-1  
Grades 2-12  
Groups broken down by age during program

#### Date/Times

3/25-3/29  
Grades JK/K-1 - 1-2pm  
Grades 2-12 - 2-3:30pm

**Location:** Winnetka Community House  
620 Lincoln Ave. Winnetka, IL

#### Fee:

All Sessions Discount: \$165  
Daily Rate All Class: \$35  
10% Discount for family members 2 or more

**Web:** [www.hoops4health.com](http://www.hoops4health.com)

**Phone:** 847-997-6759

**Email:** [support@hoops4health.com](mailto:support@hoops4health.com)



**Winnetka  
Community  
House**