

Lakeland Girls Basketball

Youth Summer Opportunities

Grades 1-3

Players Academy Camp - June 10-13

Noon-1:00pm @Lakeland Union High School Fieldhouse

- 4 - hour long sessions working on fundamental skill development
- Introduction to Lakeland Basketball through a combination of drills and fun games
- Build skills and a Love for this great game
- Led by a combination of Lakeland HS players, coaches, and youth coaches
- Each paid participant will receive a t-shirt
- **Cost: \$40**

Grades 4-8

Shooters Academy Camp - June 10-12

1:00-2:30pm @Lakeland Union High School Fieldhouse

- 3 one and a half hour sessions focusing specifically on shooting the basketball
- Work on the basic fundamentals of shooting: form, footwork, focus, etc.
- Video analysis of your own shot with specific feedback
- Teaching will take place through mass instruction, breakdown drills, & competitive games
- Led by a combination of Lakeland HS players, coaches, and youth coaches
- Each paid participant will receive a t-shirt
- **Cost: \$40****

3x3 Skill Sessions - June: 18, 20, 25, 27 July 9, 11, 16, 18

9:00-10:00am @Lakeland Union High School Fieldhouse

- 8 - hour long sessions split between breakdown drills and 3x3 game play
- Continued work on drill progressions with the ability to apply it to a game setting
- Coaches will lead skill development and then break girls into evenly matched teams
- Teams will vary from session to session
- Led by a combination of Lakeland HS players, coaches, and youth coaches
- Each paid participant will receive a t-shirt
- **Cost: \$75****

**Players registering for both the Shooter's Academy and the 3x3 Skills Sessions will receive a \$15 discount for the combined cost of \$100.