

“Kenmore West Boys Basketball Summer Schedule” 2014

The time will come when winter will ask “**What Did You Do All Summer**”? Your final answer will not be based on what ‘You Said You Were Going to Do’, not what ‘Someone Else Said You Were Going to Do’, but only on ‘What You Did on Your Own’ to improve to become the player you wish to be.

Each and every one of you has an opportunity. What you do with it is up to you. After this past season the expectations for next year are growing each day and every day. If we want to reach our goals and have another great season then we need to be proactive rather than reactive by doing what we need to do to for the benefit of our teammates. In addition to individual workouts conducted on your own schedule the following are opportunities to improve yourself through organized activities and using approved athletic resources available to you.

Wednesday Night
(Until June)

*** KW Skills & Drills * 8-10 Ongoing**
Emphasis on Ball Handling, Offensive Skills,
Shooting Form, & Passing

Monday

Varsity P.A.L. A-1 Division @ Machnica Center
June 16th- August 4th \$30 per player
(Min 9 Games)

KW #1 & KW # 2 (Up to 20 players total)

Thursday

JV Basketball League @ Gloria Parks
June 12th- August 21st \$35 per player
(Min 9 Games)

Varsity Select League @ North Buffalo Center
June 12th- August 21st \$40 per player
(Min 10 Games)

Saturday & Sunday

St. Bonaventure Varsity Team Camp
July 19-20th \$110 per player

On Own

**Your Personal Off-Season Program, View KW
Basketball Web Links of Individual Skills and
Tips for Success, Go to a Skills Camp, Play
AAU Basketball, & Work out with your team**

*All \$ for the Leagues and Team camp must be turned by **Monday May 5th** *

Remember:

"Talent Wins Games, But Team Work And
Intelligence Wins Championships!" -Michael Jordan

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Note: All Drills Should be Completed at Game Speed

1. Ball Handling (10-20 each both directions)
 - a. Around waist
 - b. Around legs
 - c. Popcorn
 - d. Crazy 8's
 - e. Drop Catch

2. Dribbling (5 minutes)
 - a. Quick Fingers
 - b. Speed Dribble
 - c. Crossover
 - d. Inside-Out
 - e. Spin, Fake Spin
 - f. Hesitation
 - g. Figure 8's
 - h. Spider

3. Shooting *shoot 2 FT's before continuing to the next spot*
 - a. Form Shooting (5 min)
 - b. Block to Block (10 each with Bank)
 - c. X-Outs (10 each side)
 - d. Elbow (10 each side)
 - e. Wing (10 each side)
 - f. Baseline (10 each side)
 - g. 3 Pointers(10 total if you have room)

4. Jump Shooting / Off Dribble (take two dribbles either way)
 - a. Top of the Key (10)
 - b. Left Wing (10)
 - c. Right Wing (10) *Shoot 2 FT*
 - d. Left Baseline (10)
 - e. Right Baseline (10) *Shoot 2FT*

5. Attacking the hoop
 - a. 10 right handed drives
 - b. 10 left handed drives * Shoot 2 FT*

6. Post Play (3 sets of 10) (Guards Can Re-Do #3 Instead)
 - a. Miken
 - b. Drop Step
 - c. Pivot Drill * Shoot 2 FT*
 - d. Tap Drill
 - e. Up & Under
 - f. Reverse Lay-Up * Shoot 2 FT*