Gopher State High School Basketball League

Training Camp Clinics

Time Schedule Ex.	Week 1 – Dec 6	Week 2 – Dec 13	Week 3 – Dec 20
Weekly Themes	**All Stations**	**All Stations**	**Previews**
9:00am - 9:20am	BB Skills Coaches Planning Mtg	BB Skills Coaches Planning Mtg	BB Skills Coaches Planning Mtg
9:20am - 9:30am	Free Shooting	Free Shooting	Warm-Ups
9:30am - 9:40am	Welcome	Welcome	**9:35am – 10:20am**
9:40am - 9:55am	Stretch/Warm Up	Stretch/Warm Up	**1st Rd Sessions**
9:55am - 10:00am	Rotate To Stations	Rotate To Stations	TBA vs TBD – Crt 1
10:00am - 10:20am	**Ball Handling Work**	**Transition/Fastbreak**	TBD vs TBA – Crt 2
10:20am - 10:25am	Water Break	Water Break	**10:25am – 11:10am**
10:25am - 10:45am	**Shooting Work**	**Passing/Spacing**	**2nd Rd Sessions**
10:45am - 10:50am	Water Break	Water Break	TBA vs TBD – Crt 1
10:50am - 11:10am	**Offensive Work**	**5-on-0 Motion Offense**	TBD vs TBA – Crt 2
11:10am - 11:15am	Water Break	Water Break	**11:15am – 12:00pm**
11:15am - 11:35am	**Defensive Work**	**Out of Bounds Plays**	**3rd Rd Sessions**
11:35am - 11:40am	Water Break	Water Break	TBA vs TBD – Crt 1
11:40am - 11:45am	Conditioning	Conditioning	TBD vs TBA – Crt 2
11:45am - 12:00pm	**Leadership - Respect**	**Leadership - Teamwork**	

Purpose of Training Camps

Our training camps allow basketball skills coaches to teach essential techniques and drills to every participant while building the physical conditioning needed to compete in the Gopher High School League.

Camps focus on four core areas, though drills may vary based on skill level and the specific coach:

- **Shooting:** Layups (RH & LH), Mikan Drill, Dribble Pull-ups, V-cut Shooting, Movement Without the Ball, and Using Screens.

- **Ball Handling:** Wall Dribbles, Cone Dribbling, Stationary Handling, Dribbling with Movement, Two-Ball Dribbling, and 1-on-1 Moves.
- **Defense:** Shell Drill, 1v1 and 3v3 Closeouts, 2v2 Box Out/Rebounding, 90-Second Denial, Help and Recover, and Defensive Slides.
- **Offense:** Screening Actions, Passing & Spacing, 5v0 Motions, Out-of-Bounds Plays, Pick & Roll Actions, and Fastbreak/Transition Drills.

New Addition to the GSHSBL!

We are excited to incorporate more live game action into our training camps this winter. During the final week, we will host our **"Previews."** Each participant will be placed on a team and play three 20-minute games to showcase the skills they've developed throughout the camp!