



.INIC

JAI

# **Coach K's Ball Handling Clinic**



**Entry fee → \$35**

**Dates → January 7<sup>th</sup> & 8<sup>th</sup> & Jan 14<sup>th</sup> & 15<sup>th</sup>**

**Times → Approximately 1pm - 4pm**

**Where → West Kildonan Collegiate**

**→ 101 ridgecrest avenue**

**→ North on Main St. Coming from Downtown going towards Chief Peguis Trail**

**What you get? →**

- **12+ hours of instruction from Team Canada CP Coaches {Emphasizing Ball Handling and Passing}**
- **Coach K's "Balling For Life" Camp T-shirt**



- **Lessons on a wide range of different techniques and skills that will help your ball handling**
- **For beginners it teaches you a myriad of new drills you can practice on your own to increase your skill level**
- **For intermediate to highly skilled players it will give you new drills and skills you can add to your repertoire.**
- **For Coaches these are drills you can put into your repertoire to teach your kids for years to come.**
- **There will be no video allowed only notes can be taken by coaches and spectators.**
- **There will be a canteen open as well during the camp**

**Who Can Attend? → any student ages 10-18 {male and female}**



**A brief look at what the camp may look like:**



**The Day 1 breakdown looks like this:**

- **1pm- introduction**
- **110 - warm-up**
- **125- stationary drills**
- **155- water**
- **200- stationary drills w/ the bounce**
- **230- water**
- **235- stationary 2 ball drills**
- **300-water**
- **305 - single ball full court drills**
- **345 - cool down**
- **400 home**

## **The Day 2 breakdown looks like this:**

- **100- warmup**
- **120- Passing drill**
- **140- water**
- **145- stationary drills (building some memorization of drills done yesterday, also a faster pace)**
- **210- water**
- **215- stationary drills w/ bounce**
- **235- water**
- **240- stationary 2 ball drills**
- **255- water**
- **300 - full court drills**
- **310- water**
- **315- full court w/ tennis balls**
- **330- water**



- **335- ball handling game**
- **355- cool down and reflection of weekend.**
- **415-425 home time w/ reminder of next weeks camp**
- **Homework Assignment “what did you learn” & “what was your favorite drill? Part of the camp?”**

**Name →** \_\_\_\_\_

**Grade →** \_\_\_\_\_

**School →** \_\_\_\_\_

**Position you play →** \_\_\_\_\_

**What do you want to get out the camp**  
**→** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Size of Shirt → S M LG XL**

**EMERGENCY CONTACT INFO →**

**NAME-** \_\_\_\_\_

**#-** \_\_\_\_\_

**Health info we need to know →**

\_\_\_\_\_  
\_\_\_\_\_

**Payment → Cash or Cheques can be made  
out to West Kildonan Collegiate (memo  
Basketball)**