



Winnipeg Wolves Basketball Camp



Boys Grades 9-11

Coach Matt McGrath:

Head Coach of Winnipeg Wolves Grade 10 boys, assistant coach Dakota Varsity, Centre for Performance coach, previous member of the 14U Manitoba Provincial coaching staff.

Dates:

• Clinic (On-Court) @ NGCC

• **August 12th-16th**
○ 12pm – 2pm

• Off Court Group Training Sessions

• **July 2nd – 6th**
○ 10am – 2pm.

• **July 9th – 13th**
○ 10am – 2pm

Where: Norberry/Glenlee CC. 26 Molgat Avenue
Please make cheques payable to :
Mathew McGrath (64 Sunset Blvd R2M 0X4)

Clinic (On-Court) @ NGCC (2 hours per day Monday-Friday) (\$150/week)

- ❖ Provide elite training in aspects such as defence, shooting, ball handling, agilities, strength, and plyometrics.
- ❖ Use a variety of advanced training equipment including heavy balls, resistance bands, and shooting aids to *speed progression.*
- ❖ Begin body weight and resistance oriented lower and upper body strength training.
- ❖ Training provided on foot speed, agility, polymetrics and power exercises specific for basketball.
- ❖ Each participant will be provided with their own workout log with specified exercises and drills.

Off Court Group Training Sessions

- ❖ Cross-training with emphasis on footwork, plyometrics, endurance and power/explosive training.
- ❖ Full-body strength training using resistance bands, body weight exercises, free-weights, and suspended body weight training techniques.
- ❖ Outdoor basketball skill development using specific breakdown drills and basketball training equipment such as heavy balls, wrist weights, and shooting aids.

Cost: On-Court = \$150/ session (1 week – 3 hours per day)

Off-Court = \$150/session (1 week – 4 hours per day)

GO TO <http://www.youtube.com/user/WinnipegWolves>

FOR DRILLS, TRAINING VIDEOS, TRAINING EQUIPMENT, AND MORE INFO ON CAMPS!!

Contact Matt McGrath @ mjgm_22@hotmail.com for questions, comments or concerns