

Lady Braves Spring Skills, Drills & Coaching Clinic

What is it?

This is a six (6) week session of basketball training and skills development. The sessions will be conducted by the high school and middle school coaches in an effort to develop fundamental basketball skills for girls attending Indian Creek Schools in current grades 3rd thru 8th.

The session will be held weekly, each Thursday at Indian Creek High School from 6:00PM – 8:00PM. Times and locations may vary depending on the number of players that sign up to participate in this event.

Youth program coaches are invited to attend and observe free of charge. Each weekly session will consist of a practice format that will be designed to develop skills in the players and also share drills and games with coaches to be used in the future. The focus of the skills and drills will be as follows:

- Teamwork, passing & catching, full court awareness, ball handling, rebounding, fast breaking, and drills to develop the fundamental skills needed to execute the above skills and the overall Lady Brave Basketball Program Philosophy.

When and How Much?

The first session will start on Thursday, April 8, 2010, at 6PM. Each session will be a 2 hours maximum session.

Cost for the 6 week session is \$30. This includes a Skills and Drills T-Shirt and the six week session.

How to Sign Up?

Fill out this form and return it to either Coach Burkman, Coach Long, or drop it off at the high school to be placed in Coach Burkman's mailbox.

Player Name: _____ Grade: _____ T-Shirt Size _____

Best Phone: _____ Best Email: _____

If player did not play in last year's Recreational League or Indy Girls Hoops, please provide address and parent/guardian information below or on the back.

*Make Checks Payable to: **Lady Braves Basketball***