



Basketball

Beginner

1. Rules of the Game

The rules of basketball are a very important place to start from. Getting to know them is the basis for any developing player.

2. Offensive Footwork

Defensive footwork needs to be drilled just as much as offensive footwork. Proper defense and effective footwork begin with the stance. The defensive stance is neither natural nor comfortable, which is why many players struggle to defend in the correct stance. We will work on teaching you the correct habits of a good defensive player.

3. Passing (Bounce and Chest)

Basketball is a team game in which all players are involved with the process of playing the game and should function as one. One of the primary skills created to accomplish this is passing. Here we will be learning about the two most basic variations of the pass: the bounce pass and the chest pass.

4. Basic Dribbling

While passing may be the quickest way to move the ball, dribbling is the most individualistic skill of any player. Here we practice the basics of dribbling: hand positioning, fingertip control, correct stance, ball position and keeping your head up.

5. Lay-Ups

The layup is considered the most basic shot in basketball where a two-point shot attempt is made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket. Although basic, this shot needs to be drilled into shape before we can move into more advanced shots.

6. Basic Shot Technique

To become a good shooter, you must learn good basketball shooting form and technique. We're not aiming for perfection at this stage but rather looking for any major flaws in each player's approach that, if not fixed, will prevent the player from ever becoming a consistent shooter.

Intermediate

1. Ball-handling

Ball handling is the most important skill in the game, and it can only be improved with doing handling drills. With good ball handling the rest of the game comes to you, passing and shooting become natural because the ball is always where you want it.

2. Passing (Over-the-Head, Off-the-Dribble)

We continue to improve our passing repertoire by learning and practicing another basic variation, the over-the-head pass, as well as an advanced one - the dribble pass.

3. Off-hand layups

Attacking the basket off the dribble for a left-handed layup can be a very useful move in any player's arsenal. Doing off-hand layup drills will also improve your off-hand strength and precision as well as make you a more consistent shot.

4. Foul Shooting

It is almost impossible to overemphasize the importance of free throws, both to teams and to players. Free throw shooting is a unique skill. It is the only thing in all sports that every player should be good at. It is the only skill that the offensive player controls in its entirety. Here we will make sure you get the practice you need to develop this important skill.

5. Jump Shots

A reliable jump shot isn't easy to master, but it's something that everyone can work on and become proficient at. For young players growing into the game, developing a jump shot is an essential part of becoming an offensive threat.

6. Offensive Strategy

The various types of offenses are designed to use teamwork to free up or isolate players for good shots against a multitude of defenses. Offenses must be simple with the emphasis on execution and fundamentals. Here we will learn about early, set, motion, zone and spread offenses.

7. Defensive Strategy (Zone vs Man-to-Man)

Defense is the foundation of any successful basketball team. This is because having a good and solid defense can help in preventing or limiting your opponents from scoring, whether you are playing man-to-man defense, zone defense, or a combination of both aspects. We will be practicing both types of defensive play here.

Advanced

1. Positional Play

The rules of basketball do not define any specific player positions. This is different from many other major sports like football, baseball, and soccer where at least some players must be in certain positions during the play of the game (the goalie in soccer, for example). So the positions in basketball are more part of an overall strategy of the game. Here we'll go over the 5 traditional positions that most teams have in their offense and defensive schemes.

2. Advanced Dribbling Skills

Once you've mastered the basics of dribbling, then you can graduate onto the more advanced moves. However, all of these dribbling moves are best perfected by practicing drills before you take them onto the court. There are a varied amount of dribble moves that can be used in basketball, and it's up to your individual style as to which move to use and at which time.

3. 1:1 Moves

Individual offense is often called one-on-one basketball moves. Their purpose is to create separation from the defenders to get enough space and time to either shoot or make a play with a good pass.

4. 3-Point Shooting

Lots of players would like to be able to increase their shooting range and become a good 3-point shooter. Practicing 3-point shots in competitive settings, at full match speed is key to mastering this skill, and here we will be doing just that.

5. Structured Game Play

Putting it all together into a cohesive and fluent performance is what structured play is all about. We'll be taking all we've learned so far and seeing how it all fits together.

6. Advanced Game Strategy (Full Court Press, Half-Court Trap, Fast Break offense)

Here we will be practicing some of the most commonly used strategies that have the whole team working towards the same specific goal, to capitalize on the enemy team's weaknesses or to defend against their fortes.

Soccer

Beginner

1. Rules of the Game

The rules of soccer come in the form of 17 laws from world governing body FIFA. Getting to know them is the basis for any developing player.

2. First Touch

It's hard to say what's the most important skill for a soccer player to possess, but it could very well be a good first touch on the ball. In order to improve a player's ability to receive the ball first-touch drills are essential.

3. Dribbling

The best soccer players in the world can control the ball when sprinting at full speed and avoiding defenders. Here we set the basis of the dribbling skills that will later allow a player to create space and time when they are most needed.

4. Striking the Ball

Developing a player's instincts through soccer shooting drills builds the foundation to necessary take advantage of scoring opportunities whenever they present themselves.

5. Balance

Having good balance will give you a subtle edge on the soccer field—one that could make all the difference in that critical moment where your team really needs you to come through.

6. Coordination

Coordination is the basis of success in sports. Several muscles are needed to enable the body to perform soccer movements properly, quickly, powerfully and enduringly, and the beginner level coordination drills focus on preparing those muscle groups for a safe and competitive performance.

7. Winning the Ball

Players who consistently win 50/50 balls are a very important part of any team because the team that is “winning the ball” is inevitably the team that is winning more games. In the beginner level drills focused on winning the ball we learn the basics of how to get the ball away from the other team and into our possession.

8. Push Pass

The instep or push pass is a common pass used in soccer. Here we focus on learning this basic but very important skill that builds teamwork and cooperation between players.

9. Receiving a Ball

The perfect pass will not do much good if it isn't received properly. In combination with the Passing Drills players will hone their passing and communication skills through Receiving Drills.

10. Skill Moves

Designed to trick and out-manuever defenders, skill moves are an essential part of a players repertoire. The Cut, Matthews, Reverse Matthews and Rivelino are a few of the skill moves we will be covering at this level.

Intermediate

1. First Touch Away from Pressure

A good first touch is controlling the soccer ball out in front of you, and not right under your feet so you have to take another touch before you make the pass. Of course, it's also about not controlling the ball too far away.

2. First Step – Accelerate

Speed training sessions play a major role in our training. Speed in soccer can be quite complex. It certainly entails more than just running fast. So, one goal of your soccer speed training

schedule is to increase your sprinting power - particularly your acceleration and speed off the mark.

3. Dribbling to Maintain Possession

One key to building a great team is being able to keep possession of the soccer ball during the course of a game, which often determines the success or failure of a team. If your team has the soccer ball you are more likely to score and the other team cannot possibly score without it. Besides that possession gives a team a psychological advantage and conserves energy as your opponent works harder by chasing the ball.

4. Agility

100 feet straight ahead sprint is not the only way to assess an athlete's speed. There is a difference between quick and fast. Lateral speed and agility work is paramount for an athlete in any sport. The best athletes have a combination of both quick and fast characteristics and both elements must be trained.

5. Heading Shooting

Heading the ball is now a vital part of playing the game from both a defensive and offensive point of view. Soccer Headers require good hand-eye coordination in order to hit the ball at the right moment and as accurately as possible.

6. Defending

Good defense is all about keeping the ball in front of you and forcing them to put their head down so they can't make a pass. Here you will learn how to focus on keeping the player in front of you and how to not rush in to win the ball right away.

7. Advanced Skill Moves

We build on the basic skill moves to move on to more advanced ways of out-maneuvering our opponents.

8. Organization, then Creativity

Soccer is and always will be a team sport, first and foremost. Organization is a team's ability to coordinate and work together efficiently. Individual creativity can only benefit the team if it is supported by strong organization.

9. Chipping a Pass

Playing a big ball across the field or in behind the backs or even on goal - the chip is a skill every great player has.

10. Volleying a Shot

A volley is an air-borne strike where a player's feet meets and directs the ball in an angled direction before it has time to reach the ground. A volley can be extremely hard to aim and requires good foot-eye coordination and timing but in turn is one of the most useful skills, especially on the offensive.

Advanced

1. First Touch – Create Space and Time

Football is a game of opposites and, therefore, having funneled back to restrict space and win the ball the first requirement in attack is to spread out and create space by stretching the opposition from side to side.

2. Speed – Acceleration and Pace

After achieving a good sprinting power a second, and equally important, goal is to increase your speed endurance or "anaerobic endurance". Soccer players rarely sprint more than 50 yards in a straight line but they have to do it often over the course of a single game.

3. Dribbling to Beat an Opponent

Here we focus on 1 vs. 1 drills for beating a single opponent using dribbling techniques. We will also be learning dribbling moves and polishing the technique at game pace.

4. Plyometrics – Explosiveness

Research has shown that a muscle stretched before contraction will contract more forcefully and rapidly and that is basically what plyometric exercises do. Here we learn how to use plyometric exercises to improve our explosiveness.

5. Receiving Balls in the Air

Four body surfaces - the instep, thigh, chest, and head - are commonly used for receiving and controlling balls arriving through the air depending on the flight trajectory of the ball and the position of nearby opponents. In all situations you must be able to receive and control the ball skillfully and, if an opponent is nearby, protect the ball as you do so.

6. Strength – Resistance and Weight Training

Absolute strength is the maximum force that a muscle group can exert in single, momentary contraction. In soccer, good maximal strength is beneficial for holding off opponents and shielding the ball. More importantly, it also forms the foundation of muscular speed and power.

7. Possession with a Purpose

Nothing should happen without purpose during a match, every action should go towards one of the main goals: 1. Gain possession of the ball, 2. Move the ball, 3. Penetrate the opponents defending final third, 4. Generate a shot taken 5. that ends up on target and 6. Gets past the keeper.

8. Penetrating a Defense

Pulling a part a defense either horizontally or vertically is the penultimate goal of any team and the biggest obstacle towards scoring. Here we learn and practice techniques to get past the enemy team's defense.

9. Four Pillars of the Game

Psychological Qualities, Technical Prowess, Tactical Knowledge and Physical Performance are the four pillars of the game and we will address each of them in detail to teach you how to continue to grow as a player.

10. Fair Play – the Spirit of the Game

Playing fairly and respecting the rules, officials and your opponents will always make you a better player and a better person. The concepts of the spirit, intent, and interpretations of the Laws of the Game of soccer are also discussed.

Tennis

Beginner

1. Rules of the Game

The rules of tennis are a very important place to start. Getting to know them is the basis for any developing player.

2. Basic Footwork

While there are many different footwork patterns in tennis, it is very common for new players to do too much with their feet and, in the process, make playing tennis more challenging than it should be. Here we look to avoiding forming any bad habits and learning correct movement patterns.

3. Hand-Eye Coordination

Tennis is a sport where hand-eye coordination is important so that your hand and the other parts of your body quickly react to do the right moves in response to what your eyes see. Hand-eye coordination is one of many tennis skills and techniques that are very important especially for advanced tennis where the nature of the game is very quick and fast.

4. Basic Conditioning

The basic tennis-specific exercises we incorporate into our training session help improve overall strength, power, endurance, on-court movement and to prevent common tennis injuries.

5. Racket grip

The way in which you grip a tennis racket determines how the ball will behave when hit. There are 6 popular tennis racket grips, all of which have their place and purpose within the game. We start with the continental (basic) grip as a good foundation to build on.

6. Forehands

Grip (Continental, Eastern, Modified Eastern, Semi-Western, etc.), Stance (Neutral, Open, Semi-Open), and Topspin can all determine what type of forehand stroke you have. However, one

component that is critical to all types of forehands is the “Lock and Roll” movement, or the twisting and releasing of one’s body, to which we will be paying special attention.

7. Backhands

While there are many back-hand variations out there in terms of grip, stance and top-spin, the basics of the back-hand are the same. Here we cover everything from hand placement to body position, preparation, hit and follow-through to get a good back-hand.

8. Volleys

A volley in tennis is a shot in which the ball is struck before it bounces on the ground. The primary objective of the volley is to go on the offensive and cut the amount of time for the opponent to react. Here we will learn the basics of the volley and put them into practice through drills.

9. Serves

Serving stands alone as the most essential and valuable shot in the game. Acing your opponent is the quickest and perhaps the most intimidating way to win a point. Here we will learn the basics of the serve, look to correct any bad habits and develop the basis for a good serving technique.

Intermediate

1. Advanced Footwork

Lateral movement is a key component in becoming a competitive tennis player. In addition, learning to play tennis on the balls of your feet, gives you quicker reaction time. Drills will focus on developing these skills to help athletes improve reaction time and court coverage.

2. Conditioning

Jump rope, wind sprints, and distance running will be the focus to improve athletes cardiovascular conditioning in order to improve game play.

3. Game drills

Athletes will complete on-court drills that will connect various shots together; such as forehand, backhand, approach shot, volley. The goal will be to develop a point rather than just keeping the ball in play.

4. Spin (Topspin and Slice)

Using spin helps to break up the routine of a point and provide a different level of control over the ball. Athletes will be introduced to the different grips that can be used to produce the desired spin and how to use these as both mechanisms of control and weapons during a point.

5. Shot Selection

Where you hit the ball can be as important as how hard you hit the ball. Athletes will learn what shots are best in various situations; attention will be paid to the “low-risk, high reward” philosophy during competitive game play.

6. Lobs

A lob is a controlled shot that is hit high over the net either to provide recovery time or to pass the opponent while at net. Lobs can be an effective defensive or offensive shot during the game.

7. Overheads

An overhead mirrors a serve but takes place in the middle of the point when a ball is hit over a player's head. While the technique may mirror a serve, the skills involved in striking an overhead do vary; in addition, it becomes important to control an overhead based on where the opponent is standing and the difficulty of the shot.

8. Drop-Shots

A drop-shot is a ball struck specifically to clear the net but land as shallow as possible with minimal bounce. Often this shot is used when an opponent is standing farther than normal behind the baseline. Athletes will learn how and when to make this shot.

9. Doubles

Doubles involve two players on each side. Athletes will learn the new rules associated with this change and some basic strategy to play with a partner and shot selection against a pair of opponents.

10. Competitive Game Play

Athletes will have the opportunity to play games against each other, implementing the various skills and strategies that have been introduced.

Advanced

1. Advanced Conditioning

Athletes will not only work on their cardiovascular conditioning, they will always be introduced to plyometric exercises to develop appropriate functional strength. This coupled with more intense footwork/conditioning drills specific to match play will raise their level of game play.

2. Shot Selection

Where you hit the ball can be as important as how hard you hit the ball. Athletes will learn what shots are best in various situations; attention will be paid to the "high-risk, low reward" philosophy during competitive game play.

3. Accuracy

Wanting to hit a ball in a particular spot and actually doing it can be two very different things. Athletes will focus on how to ensure that the ball goes where they want when they want.

4. Point Development

Tennis can be a chess match, athletes need to think several shots ahead in order to emerge victorious in a point. Attention will be paid to this aspect of the game and how an athlete can

use intelligence to control where an opponent may hit a ball to give them a competitive edge to close out the point.

5. Advanced Strategy

There are various advanced philosophies on how to become a successful tennis player. The key is to identify which skill-set most fits a particular athlete. Here our coaches will identify this skill-set and work with individual athletes to develop their understanding of how to incorporate this strategy into their play.

6. Match Play

Tournament-style competitive match play between athletes will take place. Athletes will play full sets under standard USTA rules and regulations.

7. Mental Toughness

One of the toughest challenges is staying focused throughout a tennis match. Mistakes can distract an athlete and compound the problem. Athletes will learn how to persevere through such challenges and make on-court adjustments to ensure top performance every time.

8. Advanced Doubles Play

Signaling on service, poaching, "1" formation, both players at net, both players at the baseline, communication during a point, switching, and more are all advanced strategies that will be introduced to athletes.

Volleyball

1. BEGINNER LEVEL

Campers will be introduced to the basic skills of the game: serving, passing, setting, spiking, blocking and digging. The execution of these skills (in conjunction with learning the rules of the game) will also improve athletes' footwork and court related movement, body awareness, hand-eye coordination, spatial awareness and balance. Athletes will then learn how to combine the skills of the game within organized game play.

2. INTERMEDIATE LEVEL

Campers will be introduced to the basic skills of the game: serving, passing, setting, spiking, blocking and digging. The execution of these skills (in conjunction with learning the rules of the game) will also improve athletes' footwork and court related movement, body awareness, hand-eye coordination, spatial awareness and balance. Athletes will then learn how to combine the skills of the game within organized game play.

3. ADVANCED LEVEL

Athletes will learn various offensive and defensive systems such as, 5-1 and 6-2 Serve-Receive formation, Read Defense, and rotation defense. In addition, each player, based on their

specialized positions, will learn the types of advance offense and defense strategies applicable to their specialized or desired playing position. These include spiking various types of sets such as; the shoot, quick set, 31, the slide, and the corresponding read and rotational defensive strategies that guard against such attacks. Athletes will engage in structured game play that will prepare them for any level of competition (Junior Varsity, Varsity and club level volleyball).