

# POST AND PERIMETER CAMP

AN INTENSIVE 2 DAY CAMP

FOCUSING ON POSITIONAL SKILLS, STRENGTH,  
AND GAME SITUATIONS TO DOMINATE BOTH ENDS.

**FRIDAY**  
**JULY 17**

12:00PM - 3:00PM

**SATURDAY**  
**JULY 18**

9:00AM - NOON

**HS ONLY**  
**9<sup>TH</sup> - 12<sup>TH</sup> GRADE**

## CAMP FOCUS



POSITION-BALL HANDLING  
AND CREATION



SHOOTING AND SPACING



1v1 BREAKDOWN



LOW AND HIGH  
POST PLAY



DROP STEPS  
HOOK SHOTS



PHYSICALITY AND  
REBOUNDING



READING THE FLOOR

**MASTER YOUR POSITION.**  
**IMPACT EVERY GAME.**