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| Shift | 04.06.-11.06. Latvia  03.07.-10.07. Serbia  31.07.-07.08. Serbia | 11.06.-18.06. Latvia  10.07.-17.07. Serbia  24.07.-31.07. Serbia | 17.07.-24.07. Serbia  07.08.-14.08. Serbia |
| Camp specialisation | Shooters | Guards | Gaming |
| You will practice: | set shot and free throws jump shot and 3 point shot lay up and pro lay up shot in move and after dribbling… more than 2000 shots per camper | How to control the tempo of the game and how to set positional attack How to start the counterattack and how to finish it How to identify secondary counterattack and be in it How to identify defense, how to organize attack | Tactics |
| Target | We bring you to the accurate automatism for scoring! |  | To read a game |
| Programm: | warm up, stretching, conditioning technique (shooting, moving, receiving the ball) competition (1 min. shot, hot shot, free throws) 3 on 3 play | How to acquire basic skills in offense and defense | Recompense the missed during the competing season. Spend over 6 hours in a play between 2 baskets. Two games per day. Do what you like the most – Game play! |
| Target | We detect the causes of a miss! |  | Organise offence and defence |
| What to care about? | Great shooters care about 3 things: Did the team win? Did I contribute to the win? Who do we play next? Rarely is there only one right way to do something – there is one way that is right for you discover it! | What are socio-cultural skills that he must possess How to think in the play-maker’s position How to develop the self-confidence | Get through pick&roll, miss match situations. Learn duplication, handicap and help. Practice transition, zone pressing, combo defense and much more. |
| You can expect! | Learn to play like a pro!  • All players will be grouped according to age and skill level  • Certificates of participation, prizes, trophies and awards  • Competition: Quick shoot, 1:1 league | Learn to play like a pro!  • All players will be grouped according to age and skill level  • Certificates of participation, prizes, trophies and awards  • Competition | Teams of 8 players, split in 2 age categories, play games in NBA and NCAA division. Tactical preparation for each game. |
| Daily working schedule: | 1. Getting up 08:00 2. Breakfast 08:30 – 09:00 3. Team meeting 09:30 – 10.00 4. Training 10.30 – 12:00 5. Lesson 12:00 – 13:0 | 6. Lunch 13:00 – 14:00 7. Rest 14:00 – 16:00 8. Team meeting 16:00 – 16:30 9. Warm-up16:30 – 17:00 10. Training 17:00 – 18:30 | 11. Dinner 19:30 – 20:00 12. Games (league) 20:30 – 22:00 13. Coaches meeting 22:00 – 23:00 14. Sleeping (campers) 24:00 |
| Complete work plan for a week (micro cycle): | total number of technically-tactical trainings = 11 total number of trainings of general and specific physical preparation = 11 total number of games = 5 total number of competitions in basic basketball elements = 5 play 1:1 in 1 of the field with three dribbling top = 3 total number of visits to the pool = 3 total number of meetings = 44 | | |
| In general | main coaches, invented along with YUBAC board the program of work, competition, rest and living together in general.  Training starts, lasts and finishes with an emphasized emotional note, which is the most important to younger categories for keeping full concentration during the two-hour practice.  The working atmosphere is excellent; affection to basketball is being developed through little games wherein dribbling is in progress, as well as passing, shot and all other technically tactical elements.  Each exercise has an integrated exclusive quality of coaching profession, there must be awareness of each second in field, in order to make a transfer during the game and make players, comparing to the initial state after their arrival, play more with “head”. | | |
| Price, EUR per shift | 420 | 420 | 420 |
| To apply for camp | e-mail: [yubac.latvia@gmail.com](mailto:yubac.latvia@gmail.com) or by phone: +371 28 311 070 - Elīna Eida | | |