



## 2019 SUMMER TEAMS PROGRAM OUTLINE

### Summer Teams Emphasis

➤ <b>PLAYER SKILL SET PROGRESSION</b> Individual Skill Sets (Ballhandling, Shooting, etc)	➤ <b>MAKING PLAYS</b> Situational Drill work in making plays instinctually rather than always via a coach's direction
➤ <b>IMPROVING PHYSICAL TOOLS/CAPACITY</b>	➤ <b>COMPETITION</b> To provide feedback on progress & where to adjust To keep/develop some team chemistry for future

NOTE Re **Scheduling Concerns for Summer**: Whether another sport, family vacation or a camp, every summer player will miss some of summer team activities. That's expected/typical. Some make a majority, some a portion. Even on a limited basis, summer can still be very productive & is an advantage to be involved in for future teams.

### Specific Areas

**1) PLAYER DEVELOPMENT**: Team Group workouts.

- Skill based, high intensity, game speed, larger group style workouts -- typically 6-8 players
- Sessions mostly 1 hour. Couple 1.5 hour in July. Generally, 2 per week in June & 1-2 in July
- 1/3 – 1/2 of time on individual skills: ballhandling, shooting, scoring/individual offensive moves  
Remainder: situational drills mostly 2 vs 2, 3 vs 3 settings to get them to learn how to make plays in live, game speed situations: using pick and rolls, setting/reading and using off ball screens, etc

**\*NOTE - these are NOT like the regular private 1-on-1 & small group training sessions we do.** That's a separate program from teams. If you need info on those, **or plan to enroll in 1**, please advise.

**2) Team Practices**: Teams do NOT have regular, weekly traditional team practices. Instead our weekly "practices" are the skill workouts. We do have 2-3 regular team style practices just prior to start of games

**3) Games**: Limited games in July. 8-10 over 5 Sundays in Leagues we host

**4) OPEN Gyms**: Late June – late July. Announced 1-2 weeks in advance. Optional to attend. We do overlap most so that players can have chance to play vs older players as well as own grade

**5) Physical Training (Sports Performance sessions)** - administered by The EDGE **OPTIONAL**

- Partner program w/The EDGE SP: will offer 1¼ hour training sessions
- 6 weeks, 2 times per week. 3 times to choose from: Mon 9-1015 am; Fri 10-1115 am; Sat 1-215 pm (alternative time arrangements can be discussed directly with EDGE)
- Focus on deceleration skills foremost - work in agility, explosiveness/vertical jump and base/core strength

### COSTS

- > For HLB portion – all basketball related activities: \$165-\$180 per player.  
Exact amount given once total # of players determined. Amount includes: Team group skill workouts, team practices, coaches' stipends, instructors pay, all gym rental costs, insurance, & game fees.  
\*Pro-rated amounts possible for those wanting to participate but will miss more than 2 week
- > **EDGE program**: \$120/player for 12 sessions/15 hours - separate from HLB, amount paid directly to EDGE.

**TO GET INVOLVED – or with questions – for HLB's Summer Team Program:**

Email [info@higherlevelbb.com](mailto:info@higherlevelbb.com) if new player or [robr@higherlevelbb.com](mailto:robr@higherlevelbb.com) if returning player  
OR text (502) 593-2527.

**Signups for Summer will be taken starting Wed 6/5/19 through Tue 6/11/19. Activities start 6/17/19**