



INTERNATIONAL BASKETBALL CAMP TEAM 97 – NIDA 2023

Expect a lot and You'll have a better opportunity to get it

FUNDAMENTAL DEVELOPMENT PROGRAM FOR BOYS AND GIRLS

This year, sessions will be organized by age group. The first session will be for children born between 2009 and 2011, and the second session will be for children born between 2007 and 2009. During each session, national basketball teams for U12, U13, U14, and U15 will be formed.

CAMP SESSIONS

- 09th – 15th July (first session)
- 16th – 22th July (second session)

DEVELOPING YOUNG PLAYERS

The camp will be held in the Lithuanian pearl - Nida and is limited to 50 participants per session. The coaching staff includes highly skilled European coaches.

The camp facilities include an indoor FIBA approved basketball court with a wooden floor, an outdoor basketball court, two outdoor courts for football and volleyball, and the option for endurance training on the beach or in the forest. Professional staff will be on hand to prevent and handle any accidents that may occur during the camp.

Participants will be accommodated in rooms with 7-8 beds at the Neringa gymnasium (Kuverta str. 12, Nida), while coaches will stay at hotel "Nerija" (Pamario str. 13, Nida).

A first aid room will also be available at the Neringa gymnasium.

OUR MISSION

To provide high-quality instruction that helps boys and girls become the best fundamentally sound basketball players they can be. We also strive to develop GREAT LEADERS on and off the court.

Our coaching staff is highly skilled in “effectively communicating” with players.

- We create a positive, supportive, and motivating environment for all participants.

- To ensure that every player receives proper attention and instruction, we maintain a ratio of 1 coach for every 8 players. Our camps and clinics specialize in skills-based learning and focus on developing players' skills through drill repetition.
- We also offer 1 on 1, 2 on 2, 3 on 3, 4 on 4, and 5 on 5 scrimmages to practice game-like situations.
- In addition to improving players' skills on the court, we also aim to train them to be leaders through our motivational training program.

We are excited to provide a great experience for your child at the Nida Camp.

TECHNICAL PROGRAM

Covered topics:

- Defense
- Stance and pivots
- 1v1, 2v2, 3v3, 4v4, 5v5
- Fastbreak
- Shooting
- Passing
- Dribbling
- Basketball IQ
- Physical training

In-depth skills:

- On Court Attitude and Assertiveness
- Mental Approach to the Game of Basketball
- Skill Development, Proper Fundamentals and Technique
- Individualized Drills Customized Toward Achieving Identified Goals
- Overall Conditioning Modified for Basketball
- Understanding of the Game within the Game
- Developing Confidence and Self-assurance
- Individual Defense - stance, movement, open court vs. dribble
- Individual Offense - moving without the ball, pass receiving, initial moves with the ball
- Shooting Fundamentals - including the jump shot
- Rebounding Skills - ball side and help side
- Extended Defense - help and recover, closing out, defend post and flash post
- Extended Offense - passing, receiving, perimeter, inside play
- Open Court Work - guards and forwards

WELCOME KIT:

Every participant will receive "The One Welcome Kit" that includes a full camp jersey and certificates.

HEAD COACHING:

The head coaches for the camp will be announced at a later date on the Team97 Facebook page, Instagram account, and website.

CAMP PRICE:

Each session if payment is made till 31.03.2023 – EUR 485

Attention! Special offer!

10 participants +1 coach EUR 4850

Each session if payment is made from 01.04.2023 – EUR 525

Attention! Special offer!

10 participants +1 coach EUR 5250

We offer transportation to and from the Nida camp by OUR bus for an additional fee of 15 EUR per one-way trip.

For additional fee we can meet participants in Vilnius, Kaunas or Palanga airports and to book rooms in Nida for family members.

Money return guarantee:

Till 31.03.2023 – EUR 385.

From 01.04.2023 – 0%.

For any additional information please contact:

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VŠĮ "TEAM 97"

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