



Elkhorn Basketball Developmental League



Elkhorn South Head Coach: Alex Bahe

Elkhorn High Head Coach: Spencer Peterson

When: Friday Mornings – June through mid-July

- 6th and 7th Graders: 8:00-9:35am
- 8th and 9th Graders: 10:00-11:35am

*Grade entering next fall

Where: Elkhorn South High School (Both Gyms)

General Overview (How each day will go):

- 1) Drill Work and Stations: First 30-45 minutes
 - Stress fundamentals: Shooting, Ball-Handling, Passing, Footwork and Defense.

- 2) Game Competition: 25-30 minutes
 - 5 on 5, 4 on 4, 3 on 3. (varies daily)
 - Opportunity to play (coaches will officiate and keep score)
 - Teams will vary week to week with league play and tournament in July.

- 3) Skills / Shooting Competition: Last 15 minutes
 - Different competitions each week
 - Record winners
 - Track improvement

** **Specific Dates:** June 4th, 11th, 18th, 25th and July 2nd, 9th, 16th

** **Cost:** \$65 (Includes a t-shirt and an individual workout packet) – All checks payable to Elkhorn Basketball

** Players will receive instruction from the high school staff and former Elkhorn Basketball players.

** Keep individual records and competition winners = award prizes at conclusion of league

** Each player will have the opportunity to become a member of the **Elkhorn 4000 Shot Club**

Name _____ Grade Entering Next Fall _____

Address _____

Phone Number _____ Amount Paid _____

T-Shirt Size (circle one)

Youth M L

Adult S M L XL XXL

Parent Signature _____

- Please return all forms and payment by May 27, 2010 to Alex Bahe @ Elkhorn High School 1401 Veterans Drive Elkhorn, NE 68022. **Please make all checks payable to Elkhorn Basketball.**