

2016 Summer Basketball SV Lady Hoops Workouts

Open to current 8th grade basketball players at South View Middle & Hope Mills Middle who plan to play basketball at South View High



Skills Sessions 10AM - NOON All South View basketball players (Rising 9th - 12th grades) are encouraged to attend as many sessions as possible. There will be players at various skill levels, so ALL players are encouraged to attend and improve their game. Sessions begin June 15.

All Skills Sessions include: warm-up drills, fundamentals work (like screening, cutting, passing, boxing out, shooting form) competitive drills, shooting drills, and open scrimmage. We will be **shooting** up to 100 shots per day & will track made shots in a variety of drills. Note that during 2 weeks in July, the NCHSAA does not allow any athletic activities.



FINAL Skills Day (Wednesday July 27th) 10AM – NOON
Our final skills day will have several fun competitions (like a 3 Pt Shootout) as well as additional scrimmage time and winner recognitions.

SEE ATTACHED CALENDAR FOR ALL WORKOUT DATES

~Skills & Hot Shot Sessions are FREE & supervised by multiple coaches~

CHAMPIONS ARE MADE IN THE OFF SEASON!



FOLLOW US ON TWITTER:
TigerLadyHoops
& ON THE WEB:


www.svladyhoops.com

2016 SUMMER CALENDAR

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15 SKILLS SESSION 10am - Noon	16 SKILLS SESSION 10am - Noon	17	18
19	20 SKILLS SESSION 10am- Noon	21	22 SKILLS SESSION 10am- Noon	23	24	25
26	27 SKILLS SESSION 10am- Noon	28	29 SKILLS SESSION 10am- Noon	30		

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
NCHSAA DEAD PERIOD						
10	11 SKILLS SESSION 10am- Noon	12	13 SKILLS SESSION 10am - Noon	14	15	16
17	18	19	20	21	22	23
NCHSAA DEAD PERIOD						
24	25 SKILLS SESSION 10am- Noon	26	27 FINAL SKILLS DAY 10am - Noon 	28	29	30