



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

GIRLS - Post / Big Man Skills Academy

Camp Date: August 5th

Location: Sioux Falls Christian High School (6120 S Charger Circle, Sioux Falls)

9th-12th Grade Girls

Cost: \$99

Camp Schedule:

9:30-Noon	Workout Session 1
	Lunch (provided on site)
1:00-3:30	Workout Session 2

Each Camper Receives:

- Warwick Workout t-shirt

Academy Overview:

The Warwick Workout Post Player/Big Man Skills Academy is for players who want to become a dominant presence on the offensive and defensive ends of the court. This basketball camp teaches players how to finish powerfully in the paint, to control play in the interior, and to be a threat when facing up away from the basket. Our training will have participants learn how to capitalize on and defend against mismatches, rebound effectively, and get to the free throw line consistently.

Academy Features:

- Low Post moves and shooting techniques
- Attacking players from the high post
- Offensive and defensive footwork
- Mental approach to post play
- Shot blocking techniques
- Passing and creating out of the post
- Proper post defense
- Offensive and defensive rebounding skills
- Stretch the Floor

To Register for the Post/Big Man Skills Academy:

Please go online to www.WarwickWorkouts.com

Find your camp under the **REGISTER HERE** tab.

Payment can be accepted at the time of registration.

Camp directed by John Jungers – Pro Trainer and Scout
For more information, visit our website at WarwickWorkouts.com,
or contact Kris at 605-391-6700 or warwickworkouts@gmail.com

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