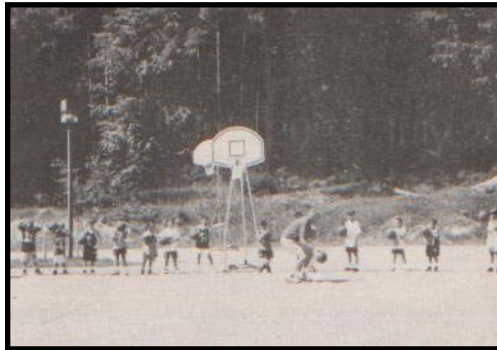


INDIVIDUAL DEXTERITY DRILLS



INDIVIDUAL DRIBBLE TECHNIQUES

Registration

Registration will take place on the dormitory "Green" of the Daniel Webster College at 10:00 a.m. on Sunday, July 26. All campers should be ready to take part in a program of activities and evaluation. Please be prompt because activities will begin at 10:00 a.m. and end at 3 p.m. The school will then run 9 a.m. to 3 p.m. each day Monday through Thursday. Camp will begin at 9 a.m. and will close on 12 noon Friday, July 31, 2009.

Limited Enrollment

Enroll early to insure acceptance

Insurance

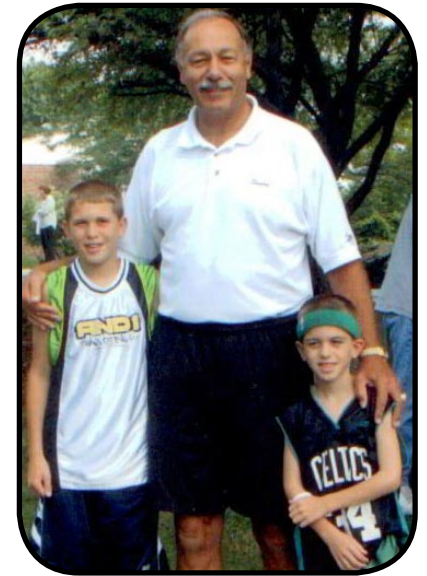
Campers must be enrolled in their own medical/accident insurance plan.

The Chris Ford Biddy Basketball School Is A Teaching School

The Chris Ford Biddy Basketball School reserves the right to replace contracted lecturers, who, due to unexpected commitments cannot attend the Basketball School.

All details on clothing and other pertinent information will be sent to you.

Chris Ford Biddy Basketball School for Girls Ages 7, 8, 9 & 10



July 26 — July 31, 2009
9 a.m. to 3 p.m.

Hot Lunch Provided

LOCATED AT
Daniel Webster College
20 University Drive
Nashua, N.H. 03060

For Information, Please Write, Call or Click:

Co-Owner/President
HARDY NALLEY
4 Victoria Road
Manchester, MA 01944
(978) 526-1777

Nashua Contact:
PETER SMILIKIS
52 Courtland Street
Nashua, N.H. 03060
(603) 889-8477

www.chrisfordbasketball.com

www.chrisfordbasketball.com

Chris Ford Biddy Basketball School for Girls

*Emphasis on skill building, participation,
learning by doing. Each camper has his own
ball for skill building drills.*

1. FOOTWORK

**Emphasis on body control, improving foot
quickness, eliminating wasted motion**

- Jog
- Sprint
- Run backwards
- Slide
- Start/Stop (2 point stop)
- Pivot, (reverse, front)
- Long Hops
- Short Hops
- Slide across lane for 30 seconds

2. BALL HANDLING/DRIBBLING

Emphasis on control

- Controlled dribble
- Speed dribble
- Crossover dribble
- Spin dribble
- Start/stop keep dribbling
- Start/stop - triple threat position
- Feel of ball drills
- Dribbling in rectangle elimination

3. PASSING

**Emphasis on accuracy, hands ready,
receiving**

- Chest
- Bounce
- Overhead
- Receiving the ball
- Quick pass 30 second drill with partner
- Full court, 2 lines passing & layup
- 4 to 1, two balls passing drill
- Guard to forward
- Feeding the post

4. FUN DRILLS, RELAYS, SHOOTING

Emphasis on skill building with fun drills

- Knockout
- Spot shooting competitions
- Team competitions
- Roll ball, pick up, dribble to hoop
- Long pass to hoop for layup
- Over and under obstacle relays

5. INDIVIDUAL OFFENSIVE SKILLS

**Emphasis on one-on-one moves and
guard feeding forward**

- Move to receive ball
- Receive ball - turn in, triple threat position
- One-on-one moves with no defense
- One-on-one with token defense
- Low post moves
- Head fake, ball fake, jab step

6. TEAM DEFENSE

**Emphasis on 2-person drills, moving toward
ball, guard feeding forward**

- Give and go
- Guard around
- Feed post and cut
- Pick
- Pick and roll

7. DEFENSE

Emphasis on position

- Defensive principles
- Stance
- Position
- Hands up and ready
- See man and ball

8. REBOUNDING

**Emphasis on making contact before
going for ball**

- Rebounding principles
- Body position
- Make contact, reverse pivot or check

9. RULES/TERMS

- Side line
- End line
- Taking ball out of bounds
- Mid-court line, 10 seconds, back court
- Foul line and lane, 3 seconds
- Traveling
- Fouls, reach-in, move-in, charge

10. SCRIMMAGING

**Emphasis on passing and moving, only
use dribble when necessary**

- Movement without ball
- Triple threat position
- Turn in
- Passing
- Head up
- Cuts, picks & screens
- Defensive position
- Get back fast on defense

Chris Ford Biddy Basketball School for Girls July 26 — July 31, 2009

APPLICATION

Application must be accompanied by a \$100.00 deposit. Deposit is non-refundable. Balance must be paid by May 25, 2009.

Make checks payable to:
Chris Ford Basketball School

Mail to:
Chris Ford Basketball School
4 Victoria Road
Manchester-by-The-Sea, MA 01944

PLEASE PRINT AND FILL OUT COMPLETELY

Camper's Name _____

Address _____

City _____

State, Zip _____

Age _____ Ht. _____ Wt. _____

Name of School _____ Grade _____

Home Telephone No. _____

Work Telephone No. _____

Parent or guardian agrees that camper has had a physical examination within one year of the camp week and that the camper is both physically and mentally able to participate in all activities of the School. The parent or guardian releases all personnel of the School, and the location, from any claim whatever for damages in case of injury or accident to the camper while participating in any of the activities of the School.

I hereby request that my child, named above be admitted to the Chris Ford Biddy Basketball School and authorize the directors to act for me according to their best judgment in any emergency requiring medical attention, other than maintained by the Basketball school, for which services I will pay.

**Signature of parent or guardian who agrees to the
condition stated in this brochure.**

TUITION: \$225.00