

# HIGHER LEARNING BASKETBALL ELITE DEVELOPMENT PROGRAM (EDP)

Higher Learning Basketball's Elite Development Program(EDP) will identify top players and offer high level training from top level coaches. The program will focus on fundamental basketball skills to improve player development.

## TEACHING FOCUS

To focus on improvement of all fundamental skills, focusing a proper shooting mechanics and ballhandling. Each player will have their shooting form evaluated and written up. Players will be given homework(optional) to feel more confident with drills. Shooting and ballhandling will be featured in all workouts, as well as tracked and recorded to ensure improvement. Here is a sample of a workout session:

- 5:30 - Jump Rope/2 ball warmup
- 5:35 - Warmup/Stretch
- 5:40 - Stationary Ballhandling: timed and recorded
- 5:50 - Ballhandling Line Series: speed, hesitation, inside out, crossover, attack and retreat, combo moves
- 6:00 - Partner Passing/Pivoting
- 6:05 - Form Shooting
- 6:10 - Catch and Shoot Midrange- tracked and recorded (individual players video-taped and evaluated)
- 6:20 - Concept #1
- 6:35 - Concept #2
- 6:45 - 3v3 or controlled scrimmage
- 7:00 - Dismissal

## DIRECTOR & STAFF

The Director of EDP is Sean Casey, who has extensive athletic background including:

- Former Head Men's Basketball Coach at Curry College
- Former Men's Asst. Basketball Coach at Tufts University
- Former Athletic Director and Boys' Basketball Coach at the George School (Boarding School in greater Philadelphia)
- Currently the owner of Scholar & Athlete Consulting, which advises families in the college recruiting process.

Other staff members will be current and former college coaches/players or High School Varsity Coaches. College and High School players will assist with appropriate age groups, but will not be lead coaches. We will have a low player to staff ratio to maximize teaching opportunities.

## How are Players Selected/Tryout Information

Eligible players are from the state of Rhode Island, boys and girls entering grades 3<sup>rd</sup>-9<sup>th</sup>. All players will be required to provide a birth certificate to tryout.

Open tryouts will take place and maximum of 20 players per age group will be selected. If selection committee doesn't feel like there are 20 players that would be the right fit, then less than 20 players may be selected. All players will be evaluated by a group of qualified coaches. Each player will attend a minimum of one tryout and may be asked to be re-evaluated if needed. Players will be evaluated on ability, athleticism, skill level, and attitude. Tryouts will take place at the Lincoln School on June 7<sup>th</sup> and 12<sup>th</sup> from 5-9pm. Each age group will be assigned a one hour time slot and parents will be notified of date and time slot the week prior. If needed there will be additional tryout parents will be notified. There is a \$20 fee to tryout.

## **DATES/COSTS**

If selected, players will attend 6 sessions that will last 1.5 hours each. Sessions will be 1x per week on the following dates: June 19 & 26 and July 10,17,24, and 31. There will also be an additional date(TBD) where players will participate in a one hour game. The cost is \$210 per player, plus a small additional fee for a reversible jersey, shorts, and a jump rope.

## **FACILITIES**

Lincoln School 301 Butler Ave. Providence, RI 02906  
South Kingstown Recreation Center, located at 30 St Dominic Rd, South Kingstown, RI 02879

## **BENEFITS OF PARTICIPATING IN ELITE DEVELOPMENT PROGRAM**

1. Development as a player. The opportunity to train and play with the best players in each age group.
2. Quality instruction from top level coaches.
3. Tracking improvement on ballhandling and shooting.
4. For all six sessions, skill development is key focus. For 3v3/controlled scrimmage play will be stopped to reinforce positive play and correct mistakes.