

ELITE DEVELOPMENT PROGRAM (EDP) SUMMER WORKOUTS

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.

WORKOUT INFORMATION

WHERE: Pennfield School Portsmouth, RI 02871

WHO: Boys and Girls entering 4th thru 11th grade

WHEN: June 19,20,25 and July 9,16, 23. Makeup dates are June 26, July 15 and 25. Times between 5-9.

PLAYER SELECTION & TRYOUT INFORMATION

BENEFITS OF PARTICIPATING IN THE 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.
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.

ELITE DEVELOPMENT PROGRAM (EDP) INFORMATION

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. Players will be given homework(optional) to feel more confident with drills. Shooting, ballhandling, footwork will be featured in all workouts. Here is a sample of a workout session:

- > 5:30 – Jump Rope/2 ball warmup
- > 5:40 – Dynamic Warmup/Stretch
- > 5:50 – Stationary Ballhandling: timed and recorded
- > 6:00 – Full Court Ballhandling Series and Finishing
- > 6:10 – Footwork Series: drop step, inside and reverse pivot, jab series, shot fake
- > 6:20 – Form Shooting
- > 6:25 – Shooting Series: catch and shoot, using screens, shooting off the dribble, shot fake
- > 6:35 – Concept of the Day: will vary each week
- > 6:45 – 3 on 3 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.

COST

If selected, players will attend 6 sessions that will last 1.5 hours each. Sessions will be June 19th, 20th, and 25th. July 9th, 16th, and 23nd. Makeup dates will be June 26th, July 16th & 25th. This year we will also have two special nights, where former Portsmouth players Chris Herren, Jr and Cole Swider will do two separate workouts for EDP Players only. Chris, who just finished his freshmen year at Boston College, will speak/workout in June (date to be announced). Cole, who finished his freshmen year at Villanova,

will present sometime in August. If accepted in the program, the cost is \$195 per player, plus a small additional fee for a reversible jersey.

Contact sean@higherlearningbasketball.com or 401-451-5807