



Summer is right around the corner and it's not too early to start thinking about signing your kids up for their favorite sports Camp or Program. One on One Sports is offering a skill classes and a variety of sports camps this summer for all skill levels and all ages. So whether your child has taken a One on One Sports activity or not, don't let them miss out this summer on the fun! We have **NEW** Player Development Programs as well as Intensive Basketball Camps for High School Students who want to take their game to the next level! It's not too late to register so get on the ball and sign your kids up today! Any questions please call us at 734.418.3190 or email us at [Michigan@1on1basketball.com](mailto:Michigan@1on1basketball.com)

***We also offer Private Lessons!! If you are interested please call us at 734.418.3190***

***\*\*\*Please Scroll Down To Review All this Summer's Camps & Programs\*\*\****



## PLAYER DEVELOPMENT PROGRAM

The Player Development Program groups players by ability based on a variety of measurable skill sets. Players that reach a defined skill level or complete a skills challenge advance to the next level. Each class has a color name and each player is given a color-coded wrist-band to wear to their weekly session. The curriculum is customized for the skill level of each class color. There are 6 levels in the program, all with progressive skill challenges involving footwork, conditioning, basketball IQ, and basketball development. Players must practice and ultimately complete these challenges before graduating to the next level. Levels start at first time basketball players to high school varsity players. Classes run for 8 weeks and the 8<sup>th</sup> week is TEST DAY! Parents are invited to the final day to see their child's progress and watch them take their TEST! Try to reach the Black Level we dare you...

### WHITE CLASS

The **White Class** is designed as an introduction to the sport of basketball. Geared towards first time players, we will introduce the basic lines on the court as well as basic basketball rules such as traveling, double dribble, and fouls. The curriculum will focus on stationary ball handling (learning to get comfortable with the ball), speed and control dribble, passing and catching techniques, jump stops and pivots, and basic defensive stance. Games such as dribble tag, dribble relays, and the passing game will be played to make the class fun and to build towards playing the game for real.

**Dates & Times:** JUN. 14th - AUG. 9th (no class 7/5) Sundays 1:00pm - 2:00pm

**Age Range:** 5 - 7 Year Old Boys & Girls



## YELLOW CLASS

The **Yellow Class** is designed for those that have had a year or two of instruction and know the basic rules of how to play the game. The terminology will focus on player positions as well as positions on the court, such as the wing, baseline, and the point. The curriculum will focus on more advanced stationary ball handling skills, learning to dribble with the proper hand during the game, basic change of speed and direction dribble moves, advanced passing techniques, one foot lay-ups, triple threat position and footwork, step and slide defense, box out techniques, and an introduction to proper shooting form. Controlled scrimmaging will be used to teach player spacing and movement without the ball.

**Dates & Times:** JUN. 14th - AUG. 9th (no class 7/5) Sundays 2:15pm - 3:15pm

**Age Range:** 8 - 10 Year Old Boys & Girls



## RED CLASS

The **Red Level** class is designed for players that have a firm grasp of the game and are ready for advanced basketball concepts. Terminology such as weak side/strong side, reading defenses, traps, and swings will be used. The curriculum will focus on stationary in place dribbling skills, advanced change of direction and combination dribble moves, weak handed one foot lay-ups, jab step and swing through moves, passing on the move, on the ball jab and retreat defense, zig-zag defensive slides, and shooting on the move. Controlled scrimmaging will be used to display skills in a real playing environment.

**Dates & Times:** JUN. 14th - AUG. 9th (no class 7/5) Sundays 3:30pm - 4:30pm

**Age Range:** 11 - 13 Year Old Boys & Girls



## PURPLE CLASS

The **Purple Class** is designed for players preparing to enter or continuing high school basketball. The terminology will focus on strategic concepts such as curls, flares, help side defense, dig outs, and entry passes. The curriculum will focus on advanced in place dribbling skills with both hands, dribble moves to score on both sides of the court, reading screens, post moves, rebounding, getting open on the wing, wing denial, conditioning, and advanced offensive and defensive footwork. Controlled scrimmaging will be used to display skills in a real playing environment.

**Dates & Times:** JUN. 14th - AUG. 9th (no class 7/5) Sundays 4:45pm - 5:45pm

**Age Range:** 14 - 18 Year Old Boys & Girls



### Advanced Skills Basketball Camp: Grades 4<sup>th</sup> – 8<sup>th</sup> = \$195.00

**Grades 4-8.** Do you have experience in basketball and want to take your game to the next level? Join 1 on 1 Basketball coaches who will help you improve your game through drills, techniques and conditioning. You will work on your ball handling, fast break, and transition skills and participate in skill games. Please bring a lunch; water and snack T-shirts are given to campers.

\*\*Grades and talent levels will be separated into different groups\*\*

**7/27 – 7/31 @ Scarlet Middle School from 9:00am – 3:00pm (Bring Lunch)**



### BASKETBALL CAMP: Grades K – 5<sup>th</sup> = \$145.00

**Grades K-5.** Do you have experience or just an interest in basketball? Join 1 on 1 Basketball coaches who will help you improve your game through drills and scrimmages. You will work on ball-handling, fast break, transition drills and participate in scrimmages and skill games. No experience necessary. Please bring water and a snack. T-shirts are given to campers.

**6/29 – 7/2 @ Clague Middle School from 9:00am – Noon (M-Th--\$119.00)**



**8/10 – 8/14 @ Scarlet Middle School from 9:00am – Noon**



## Basketball Camp: Grades 6<sup>th</sup> – 8<sup>th</sup> = \$145.00

**Grades 6-8.** Do you have experience or just an interest in basketball? Join 1 on 1 Basketball coaches who will help you improve your game through drills and scrimmages. You will work on ball-handling, fast break, transition drills and participate in scrimmages and skill games. No experience necessary. Please bring water and a snack. T-shirts are given to campers.

**6/29 – 7/2 @ Clague Middle School from 1:00pm – 4:00pm (M-Th--\$119.00)**



**8/10 – 8/14 @ Scarlet Middle School from 1:00pm – 4:00pm**



## HIGH INTENSITY HIGH SCHOOL BOYS BASKETBALL CAMPS

**Grades 9-12.** Need Postseason training for High School Basketball? Do you need to get prepared for the upcoming High School Season? With Summer Leagues and AAU Basketball over JOIN One on One Basketball for our INTENSIVE High School Basketball Camps! 1 on 1 Basketball coaches will help you improve your game through drills, techniques and conditioning. You will work on reading screens, post moves, rebounding, getting open on the wing, wing denial, conditioning, and advanced offensive and defensive footwork plus ball handling, shooting, fast breaks, and transition skills and participate in daily skill contests. Controlled scrimmaging will also be used to display skills in a real playing environment. Along with putting a basketball in your hands we will also focus on Basketball IQ through daily tests and breaking down game film during lunch. Get you game READY! Please bring a lunch, water and snack. **Practice JERSEYS and Awards** are given to campers.

**\*\*Grades and talent levels will be separated into different groups\*\***

**7/20 – 7/24 @ One on One Athletic Club from 9:00am – 3:00pm (Bring Lunch)**



**8/24 – 8/28 @ One on One Athletic Club from 9:00am – 3:00pm (Bring Lunch)**





## Advanced Skills Soccer Camp: Grades 4<sup>th</sup> – 8<sup>th</sup> = \$195.00

**Grades 4-8.** Do you have experience in Soccer and do you want to take your game to the next level? Join our coaches who will help you improve your game through drills, techniques and conditioning and scrimmaging. You will work on footwork, passing, shooting, teamwork with awards and prizes! Please bring water, lunch and a snack. T-shirts are given to campers.

\*\*Grades and talent levels will be separated into different groups\*\*

**7/13 – 7/17 @ Scarlet Middle School from 9:00am – 3:00pm (Bring Lunch)**



## Soccer Camp: Grades K – 5<sup>th</sup> = \$145.00

**Grades K-5.** What level player are you? No matter your skill level, our coaches will help you improve your ball control, shooting and passing techniques, as well as your defensive skills. These camps are a no pressure, fun for all activity. Please bring water. T-shirts are given to campers.

**6/29 – 7/2 @ Clague Middle School from 9:00am – Noon (M-Th--\$109.00)**



**8/10 – 8/14 @ Scarlett Middle School from 9:00am – Noon**



## Soccer Camp: Grades 6<sup>th</sup> – 8<sup>th</sup> = \$145.00

**Grades 6-8.** What level player are you? No matter your skill level, the coaches will help you to improve your ball control, shooting & passing technique, as well as your defensive skill & overall knowledge necessary to play with a team! These camps are a “no pressure, fun for all” activity. Please bring water. T-shirts are given to campers.

**6/29 – 7/2 @ Clague Middle School from 1:00pm – 4:00pm (\$119.00)**



**8/10 – 8/14 @ Scarlett Middle School from 1:00pm – 4:00pm**



## Conditioning & Agility Camp - High Intensity: Grades 4<sup>th</sup> - 8<sup>th</sup> = \$195.00

**Grades 4-8.** The Speed Performance Enhancement and Athletic Development Training program strives to provide affordable, research-based athletic enhancement training for athletes of all ability levels. It is for players looking to improve their speed, agility, explosiveness, vertical jump, lateral quickness, coordination, flexibility and overall athletic skills. Campers should bring snacks, lunch and water. T-shirts are given to campers.

**7/13 – 7/17 @ Skyline High School from 9:00am – 1:00pm**



**8/3 – 8/7 @ Pioneer High School from 9:00am -1:00pm**



## Advanced Skills Lacrosse Camp: Grades 4<sup>th</sup> – 8<sup>th</sup> = \$195.00

Grades 4-8. Do you have experience in Lacrosse and do you want to take your game to the next level? Join with our coaches who will help you improve your game through drills, techniques and conditioning and scrimmaging. You will work on ball-handling, fast break, transition skills and participate in skill games. Please bring water, lunch and a snack. T-shirts are given to campers.

**\*\*Grades and talent levels will be separated into different groups\*\***

**7/27 – 7/31 @ Pioneer High School from 9:00am – 3:00pm (Bring Lunch)**



To be removed from this list please **email us** at [Michigan@1on1basketball.com](mailto:Michigan@1on1basketball.com) with remove in the subject line.