

# LAKES BASKETBALL



## 2021 Summer Schedule

*All grades are for incoming school year, 2021-22*

**CLASSES ARE NOT LIMITED TO PERHAM RESIDENTS  
SURROUNDING COMMUNITIES ARE VERY WELCOME!**

***Please visit the Lakes Basketball website for current Covid safety  
measures in place for our classes.***

### **Skills and Play**

This weekly class will reinforce general skills, along with a specific skill focus for each week. Athletes will then immediately implement those skills in structured, competitive 3v3 or 5v5 play. A typical class involves 25 minutes of skill work and 25 minutes of rotating play. This class is designed for individuals that have played at least one year of traveling or school basketball.

Dates: Session 1 – Mondays, June 7 – 28 (4 classes)

Session 2 – Mondays, July 5 – 26 (4 classes)

Class Limit: Min: 10 Max: 20

Cost: \$35

Locations: Lakes Basketball - PACC

Times: Boys Gr 5/6 1:00-1:50 pm  
Girls Gr 5/6 2:00-2:50 pm  
Boys Gr 3/4 3:00-3:50 pm  
Girls Gr 3/4 4:00-4:50 pm

### **Skills and Play - MS**

This weekly class will reinforce general skills, along with a specific skill focus for each week. Athletes will then immediately implement those skills in structured, competitive 3v3 or 5v5 play. A typical class involves 25 minutes of skill work and 25 minutes of rotating play. This class is designed for individuals that have played at least two years of traveling or school basketball.

Dates: Session 1 – Tuesdays, June 8 – 29 (4 classes)

Session 2 – Tuesdays, July 6 – 27 (4 classes)

Class Limit: Min: 10 Max: 20

Cost: \$35

Locations: Lakes Basketball - PACC

Times: Boys Gr 7/8 1:00-1:50 pm  
Girls Gr 7/8 2:00-2:50 pm

**REGISTER ONLINE NOW - [www.lakesbasketball.net](http://www.lakesbasketball.net)**

## **Beginning Basketball**

Over the course of four weeks, your athlete will be exposed to beginner basketball fundamentals such as dribbling, passing, and shooting. We focus on confidence building, skill development, teamwork, hand-eye coordination, and most importantly FUN! This class is perfect for children who are eager to learn more about the game and can benefit all skill levels at this age, from first-timers to daily players.

Dates: Session 1 – Wednesdays, June 9 – 30 (4 classes)  
Session 2 – Wednesdays, July 7 – 28 (4 classes)

Class Limit: Min: 6 Max: 15

Cost: \$35

Location: Perham Area Community Center

Times: Boys 1/2 1:00-1:50  
Girls 1/2 2:00-2:50

## **Ball Handling and Finishing**

Open to athletes looking to improve their ball handling and finishing skills. Classes will work on a variety of stationary and moving ball handling drills. They will also work on primary finishing techniques at and around both sides of the basket. Previous basketball experience is helpful but not required.

Dates: Session 1 – Wednesdays, June 9 – 30 (4 classes)  
Session 2 – Wednesdays, July 7 – 28 (4 classes)

Class Limit: Min: 10 Max: 25

Cost: \$20

Location: Perham Area Community Center

Times: Boys 3/4/5/6 3:00-3:50  
Girls 3/4/5/6 4:00-4:50

## **Individual / Small Group Training**

For those individuals looking for 1-on-1 or small group training, Lakes Basketball offers private lessons. Sessions are typically held at the Perham Area Community Center, but other locations would be considered. Training sessions can be broad or narrow in scope depending on the preferences of the athlete(s). Contact Lakes Basketball today for more information and to schedule your session!

## **Shooting Sessions**

For those athletes looking to maximize their time, shooting sessions with Lakes Basketball are for you. Utilizing the Dr. Dish shooting machine, athletes can improve their shooting through a variety of shooting programs, consisting of high shot-volumes partnered with consistent passing for improved form repetition. Add a shooting session to the end of your individual or small group training and receive a package discount! Contact Lakes Basketball today for more information and to schedule your session!

**REGISTER ONLINE NOW - [www.lakesbasketball.net](http://www.lakesbasketball.net)**

# About Lakes Basketball

Lakes Basketball provides superior basketball training and coaching for today's athlete. Based out of Perham, MN, Lakes Basketball will help to improve both technical and non-technical skills. Skill focuses include:

**Shooting**  
**Defense**  
**Aggression**

**Dribbling**  
**Agility**  
**Attitude**

**Passing**  
**Court IQ**  
**Teamwork**

Lakes Basketball provides a variety of services designed to improve your skills regardless of your age, gender, or skill level. These services include:

**Individual Training**  
**Basketball Classes**  
**Basketball Camps**

**Small Group Training**  
**Shooting Sessions**  
**AAU Team Play**

## CONTACT US TODAY!

Lakes Basketball LLC  
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