



PBL BOY'S BASKETBALL OFF-SEASON



Camp

When: June 4th - June 7th

3:00-5:00 pm

Where: Junior High Gym

Cost: \$75 *make checks payable to
Panther Basketball Camp

Skill Workouts:

Wednesday/Thursday mornings 8:30-10am

-JH gym

- (6/13,6/14, 6/20, 6/21)



***The purpose of the skill workouts will be coach's led drills to work on developing ball handling, scoring off the dribble, finishing at the rim in a variety of ways and general offensive development.**

Shootouts:

Freshmen: Cissna Park League 6/11-6/26 (schedule TBA)

*Games are played from 8-12 am on Monday-Friday

*We will play 2-3 days a week and will have 1 or 2 games each day

Sophs: Mahomet League (June 11th & June 18th) & Tri-Valley June 25th

Varsity: Lincoln June 8th & 9th

Mahomet League June 12th

Mahomet League June 19th

IWU Shootout June 23rd & 24th

Tri-Valley June 25th

Weight Lifting / Shooting Packet:

Monday, Wednesday, Thursday - 6:30 - 8:30 am & 4-5 pm (most nights)

***You will be expected to lift during the summer. Workouts will be posted and you will also be given a workout packet for shooting / ball handling.**

Off-season workouts and weight lifting are optional, however, so is your role on the team and playing time!

RELENTLESS AND RESILIENT

