

Solsona 2020

34th EliteJove

Technical Workout

OUR SLOGAN

100% BÀSQUET

THIS IS THE WAY

DATES

The 34th EliteJove edition consists on three different shifts with a limit on the players accepted (**48** for the first shift, **70** for the second and third shifts), according to the following calendar:

FIRST SHIFT (U18): From **July 5th** to **July 11th**. For 48 players born in 2003 and 2004.

SECOND SHIFT (U14): From **July 12th** to **July 18th**. For 70 players born in 2007 and 2008.

THIRD SHIFT (U16): From **July 19th** to **July 25th**. For 70 players born in 2005 and 2006.

**WE SHALL
WORK**

You will have four daily training sessions, where audiovisual tools will play a central roll in order to follow your evolution. All the programming of the week focuses on your improvement as a player, adapted to your age and level. Our coaching staff counts with more than 25 collaborators per shift, which allows a personalized work.

- We will increase the power of the work on **Individual technics**, in reduced groups, to improve the Basic Fundamentals, in a different way as you have been practising so far.
- We keep up with bits of **Personal training**, where you choose in advance what you think suitable to improve on the development of your shooting skill.
- You will take part in **Group training sessions**, following a specific programme that enhances the work of fundamentals made in previous sessions.
- **Coaches speeches** given by specialists on young basketball players.
- You will have **specific Shooting sessions** where you will work it in an analytical way, with personalized attention to your needs of improvement and enhancing your strengths.
- There are daily **individual competitions of shooting, free throws and 1 on 1 each day, and also a 5 on 5 teams league** .



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When we are not on court

- We stay inside the same sport area next to the sport centres where we train; that fact allows us to use the maximum time as possible. Do not expect a grand hotel comfort though we all sleep in a "military" bunk type.
- We have free access at all sports complex (swimming pool, etc.).
- We have our own cooks which guarantees an adequate diet to the effort of the athlete.
- We have a permanent physical therapy service and a close medical care.

We also facilitate

- A restricted section in our website called "**Players guide**", which will provide all the information you need to know to access the camp.
- All the sports equipment (four play equipments, two shirts and one polo) to be used in the training sessions.
- A personal monitoring form where you have indicated the different circuits of personal works and it will guide you at all times.

Would you like to come?

If you want and you think you can participate, from **March the 1st** entering in our website you will have to:

1. Choose the shift that suits your age and availability.
- 2.- Fill and send the **pre-registration** form, adding, data and / or recommendations of a coach who knows your characteristics.
- 3.- In few days, if it procedes, we shall send a mail with the definitive **registration** form, which reserves you a place; you should complete it and send it back.
- 4.- When we receive this form completed, you shall be notified the final acceptance and we shall facilitate you the password to access the "**players guide**" section of our website.

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THIS IS WHAT YOU
FIND

More information...

The 34th camp will take place, as usual, in the city of **Solsona** (Lleida).
We shall **welcome** you in the annexed of the principal sports center, on Sunday the beginning of the shift at **16:30h**.

We **see you off**, after the last session, at the same sports center at **19:30h** on Saturday at the end of the shift. The starting and final sessions are open to family and accompanying of the participants.

The price, all included, is **350€** (except travelling and all the extra expenses involved).
Payment can be done following the indications given in the numbered registration form.
Other requirements are also detailed in this form.
The definitive approval will be confirmed by mail.

**Do you want to know more?
You can find us...**

Website: www.elitejove.com

E-mail: info@elitejove.com

If you prefer, write to us to:

A.B. Elitejove, Apartat de Correus, 71
08295 Sant Vicenç de Castellet, Bcn

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