



# Slam Dunk

## Boca Raton

The Slam Dunk add-on package for LAL Boca Raton is designed to be taken in conjunction with the regular Summer School English programme.

Students who take this option will receive Basketball coaching and development sessions with members of Lynn University's highly successful Fighting Knights Basketball team.

Students will participate in a basketball course designed to increase participants' skill and knowledge of this extremely popular American Sport. The coaching sessions will include technical, tactical and fun based basketball games for the students. The emphasis will be on fun and enjoyment of basketball as ensuring the students enjoy themselves whilst improving their basketball skills is the ultimate goal.

### Session 1 - Thursday

15:00 – 16:00

- Welcome, Introduction & Register
- Warm up
- Focus on Dribbling
- Mini game, 1 v 1

### Session 2 – Thursday

17:00 – 18:00

- Dribbling recap
- Focus on passing
- Mini game, 2 v 2

### Session 3 – Tuesday

15:00 – 16:00

- Defense, zonal marking
- Mini game, 3 v 3

### Session 4 – Tuesday

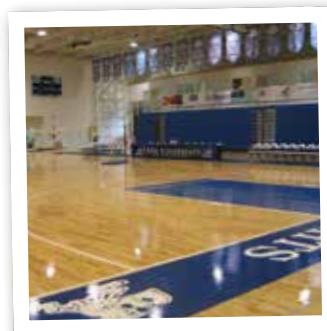
17:00 – 18:00

- Shooting, 2 point baskets (slam dunk)
- Shooting, 3 point baskets
- Full game
- Certificates of Attendance, MVP and MIP awards

The coaching sessions have been scheduled for two afternoons in the second week ensuring that there is no need for a student choosing to participate in the Slam Dunk add-on course to miss any included excursions.

Each two week period has four 1 hour sessions which will include warm up and down, training drills, technique and development games and tournaments.

All necessary equipment including basketballs will be provided. Students are welcome to bring their own equipment if they prefer.



Lynn University has both indoor and outdoor basketball courts.



# Slam Dunk

## Boca Raton



	WED	THUR	FRI	SAT		SUN	MON	TUE			
9.15	Breakfast	Breakfast	Breakfast	Breakfast	Optional Full-day Excursion	Breakfast	Breakfast	Breakfast	WEEK 1		
10.00	Arrivals/ departures	Placement Test	Lessons	Activities		Full-day Excursion	Lessons	Lessons			
11.30		Break	Break	Break			Break	Break			
11.45		Induction	Lessons	Fun at the Pool			Lessons	Lessons			
13.15	Lunch	Lunch	Lunch	Lunch			Lunch	Lunch			
14.00	Arrivals/ departures	Half-day Excursion	Half-day Excursion	Fun at the Pool & activities			Lessons	Half-day Excursion			
15.30							Break				
16.00							Lessons				
17.00							Free Time				
17.30	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner				
19.00	Assembly	Assembly	Assembly	Assembly		Assembly	Assembly				
20.00	Scavenger Hunt	Welcome Disco	Carnival Night	Movie Making		Water Wars	Dive In Open Air Movie	Quiz Night			
20.30	House Meeting & Bed Time	House Meeting & Bed Time		House Meeting & Bed Time		House Meeting & Bed Time	House Meeting & Bed Time				
22.30	Lights Out	Lights Out				Lights Out	Lights Out				
23.00			House Meeting & Bed Time	House Meeting & Bed Time							
23.30			Lights Out	Lights Out							
24.00											

	WED	THUR	FRI	SAT		SUN	MON	TUE			
9.15	Breakfast	Breakfast	Breakfast	Breakfast	Optional Full-day Excursion	Breakfast	Breakfast	Breakfast	WEEK 2		
10.00	Lessons	Lessons	Lessons	Activities		Full-day Excursion	Lessons	Lessons			
10.30	Break	Break	Break	Break			Break	Break			
11.30	Lessons	Induction	Lessons	Fun at the Pool			Lessons	Lessons			
11.45	Lunch	Lunch	Lunch	Lunch			Lunch	Lunch			
13.15	Half-day Excursion	Activities	Half-day Excursion	Fun at the Pool & activities			Half-day excursion	Packing/ activities			
14.00		SLAM DUNK						SLAM DUNK			
14.30		Break						Break			
16.30		Activities						Packing/ activities			
16.45		SLAM DUNK						SLAM DUNK			
17.00	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner				
18.45	Assembly	Assembly	Assembly	Assembly		Assembly	Assembly				
19.00	Dance Classes	Optional excursion Miami by Limo	Casino & Auction	Photography Challenge		Pool Party	Talent Show	Certificates & Prom			
20.00	House Meeting & Bed Time	House Meeting & Bed Time				House Meeting & Bed Time	House Meeting & Bed Time				
20.15	Lights Out	Lights Out				Lights Out	Lights Out				
22.30			House Meeting & Bed Time	House Meeting & Bed Time							
23.00			Lights Out	Lights Out							
23.30											
24.00											

### Key

Excursions	Assembly	Meal Times / Break
Optional Excursions	Lessons	Bed Time
Activities	Arrivals	Slam Dunk

Please note that this is a sample programme and is subject to change and LAL cannot be held liable for any impact on the course caused by adverse weather or other elements out of our control.