



# Boca Raton Slam Dunk

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

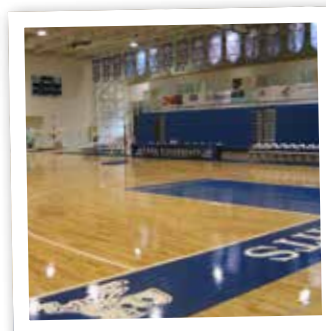
17:00 – 18:00

- 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

## TIMETABLE



### WEEK 1

	WED	THUR	FRI	SAT		SUN	MON	TUE		
9.15	Breakfast	Breakfast	Breakfast	Breakfast	Optional Full-day Excursion	Breakfast	Breakfast	Breakfast		
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	Dinner	Dinner	Dinner	Dinner				Free Time		
17.30										
19.00										
20.00	Assembly	Assembly	Assembly	Assembly				Dinner	Dinner	Dinner
20.30	Scavenger Hunt	Welcome Disco	Carnival Night	Movie Making				Water Wars	Dive In Open Air Movie	Quiz Night
22.30	House Meeting & Bed Time	House Meeting & Bed Time						House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time
23.00	Lights Out	Lights Out	House Meeting & Bed Time	House Meeting & Bed Time				Lights Out	Lights Out	Lights Out
23.30								Lights Out	Lights Out	
24.00										

### WEEK 2

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

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.