

**PAT MCFARLAND'S**

**2-DAY SUMMER B-BALL  
"SKILLS" CAMP**

**PRESENTED BY**

**THE KEYSTONE BLAZERS**

**FOR**

**BOYS & GIRLS AGES 9-14**

**(9:00 AM - 3:00 PM)**

**BOYS - JULY 26<sup>TH</sup> AND 27<sup>TH</sup>**

**GIRLS - JULY 28<sup>TH</sup> AND 29<sup>TH</sup>**

**AT**

**PHILADELPHIA UNIVERSITY**

**4201 HENRY AVE. PHILADELPHIA, PA 19144**

**REGISTER AT:**

**[WWW.PURESHOOTING.COM](http://WWW.PURESHOOTING.COM) OR**

**CALL PAT ON HIS CELL AT: 216-409-0474 OR**

**E-MAIL HIM AT: [PAT@PATMCFARLAND.COM](mailto:PAT@PATMCFARLAND.COM)**

## **PLAYERS WILL LEARN:**

### ➤ **1-ON-1 MOVES**

**CROSSOVER, ROCKER & JAB STEPS TO THE HOLE AND PULLING UP FOR THE JUMPER**

### ➤ **PASSING**

**2 HAND CHEST, 2 & 1 HAND BOUNCE, 2 HAND OVERHEAD, 1 HAND OFF-DRIBBLE & WHEN TO USE THEM**

### ➤ **REBOUNDING**

**FOOTWORK, POSITIONING, PSYCHOLOGY**

### ➤ **DRIBBLING**

**SPEED, CONTROL, CROSSOVER, SPIN, BEHIND THE BACK, THRU THE LEGS**

### ➤ **DEFENSE**

**READY POSITION, FOOTWORK, HAND POSITIONS, TEAM CONCEPTS, PSYCHOLOGY**

### ➤ **PURE JUMP SHOT**

**LOWER BODY READY/SET POSITION; UPPER BODY RELEASE POINT AND FOLLOW-THROUGH; AND THE SINGLE FLUID MOTION THAT COMBINES THEM**

## **PAT MCFARLAND**

Drafted in the NBA by the NY Knicks, Pat played professionally in Denver for 3 years after leading the 1973 St. Joseph's Hawks in scoring at **20.3 PPG** while shooting **53.8%** from the field. Pat skills have landed him in the:

***Philadelphia BIG FIVE Basketball Hall of Fame  
St. Joseph's University ALL-SPORTS Hall of Fame  
St. Joseph's University BASKETBALL Hall of Fame  
South Jersey HIGH SCHOOL BASKETBALL Hall of Fame***

Taught by some of the greatest coaches and teachers in the game from ***Paul Westhead, Jack McKinney and Jim Lynam*** at St. Joe's to ***Bob Cousy, Doug Moe and Larry Brown*** in the pros, Pat loves teaching – and you'll see that in this camp.

Pat will personally lead 3 demonstrates in each morning session followed with station work where campers will be taught how to perform and practice each of the skills shown.

***LUNCH*** will be from ***12:00-1:15 (Concessions will be available)*** and the rest of the afternoon will be for playing games. At the end of camp, each player will receive an outline of all the drills covered for future reference and home practice.

***COST: \$185/PLAYER (IF PRE-PAID BY JULY 24<sup>TH</sup>)  
\$205/PLAYER (AT THE DOOR)***

To learn more about Pat, go to [www.pat@patmcfarland.com](http://www.pat@patmcfarland.com) and [www.pureshooting.com](http://www.pureshooting.com).