

Ucamp 2014 Hungary – Balatonboglár 2014 Junius 23-28.

We work on pure Basketball

In Ucamp :

You will have 3 daily training sessions, where three enthusiastic and experienced coaches will play a central role to follow your evolution.

All the drills of the week is aiming your improvement as a player. Our coaching staff counts with more than 6 collaborators per shift, which allows a personalized work.

We keep up with Personal training, where you choose what you think suitable to improve on the development of your shooting, ball handling, one-on-one skill.

- You will take part in Group training sessions and the groups will selected by level, not by age.
- Coaches will give feedback continuously on young basketball players.
- Sessions and games that are played where you can watch yourself .
- There are daily individual competitions of shooting, free throws and 1 on 1, and also a 5 on 5 teams league every day. We name MVP and all star 5 of the Camp too.

When we are not on practicing ...

- We stay close to the 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 but the accomodation is a good 2-3 star hotel level.
- We have free access to the faboulus Lake Balaton (approx 10 mins walking)
- We have our own kitchen in house which guarantees an adequate diet to the effort of the athlete.
- We have physical therapy service daily

We also provide ...

- Sports equipment Ucamp shirt
- 100 drills on dvd for personal training to take it home with you
- A personal profile where we indicate your way to success to work on.
- Plenty of very good memories !

See You there in June ! Laszlo Gal www.kosakademia.hu facebook : Ucamp 2014