



# AUBD DEVELOPMENT/I.D. BASKETBALL CAMP



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Make up your mind what you want, meditate on that goal daily,  
play hard, train even harder and make no excuses.

Sedale Threatt - Head Coach



**90% of any basketball game is handling the ball. It gives a player a mental edge over his opponent; it empowers teams. Every player, regardless of height will be more valuable if they have can handle the ball.**

**Sedale Threatt Jr.**

AUBD currently operate industry-leading programs such as the AUBD Invitational Basketball Camps, Basketball College, Tour USA, and Individual Performance Development (IPD) program throughout Australia and are looking forward to recruit for these elite programs through AUBD Development Camps.

The philosophy of AUBD's camps is to identify, address and correct each athlete's weaknesses, to make each player more well rounded in their skills. AUBD implements a comprehensive basketball program that encompasses all aspects of the game and instills work ethic, discipline and confidence in a positive and encouraging environment.

AUBD takes a holistic approach when conveying the game to the greater basketball community by focusing on a wide-range of skills such as ball handling, shooting, passing, defense and overall basketball IQ.



**At the age of 9 I decided I was going to be a basketball player. From that day forth I set to work to achieve the impossible dream to play in the NBA.**

**Sedale Threatt**

## **Camp Format**

The AUBD Development Basketball Camp will be broken up over three days, with each day split into two sessions: individual skills training in the morning and full-court game play in the afternoon. This format allows players to learn new skills under pressure, in game-time simulation. This will give each participant the unique opportunity to maximize their basketball development by trialing new applications in an encouraging environment.

## **Camp Program**

This is HIGH INTENSITY camp and is designed to test each player's skill level. The AUBD Development Basketball Camp focuses on the delivery of skills and techniques that will prepare athletes who aspire to be the best player they can be. NBA-style drills are implemented to help foster the development of each participant and maximize potential.

# Camp Curriculum

**1<sup>st</sup> Day** – Offensive focus with an emphasis on ball handling, handling pressure, passing and offensive theory

## **1<sup>st</sup> Day Morning Session**

### **Targeted Skills**

- Ball Handling
- Playing With Pressure
- Passing
- Offensive Theory
- Unguardable Moves

## **1<sup>st</sup> Day Afternoon Session**

Round-robin style tournament with coaches emphasizing targeted skills from Morning Session

**2<sup>nd</sup> Day** – Offensive focus with an emphasis on shooting, reading the pick & roll, & offensive situations and scenarios

## **2<sup>nd</sup> Day Morning Session**

### **Targeted Skills**

- Shooting
- Pick & Roll
- Offensive Situations & Scenarios
- Unguardable Moves

"I stand by a motto I heard some time ago: hard work is better than talent when talent doesn't work hard"

*Sedale Threatt*

## **2<sup>nd</sup> Day Afternoon Session**

Round-robin style tournament with coaches emphasizing targeted skills from Morning Session

**3<sup>rd</sup> Day** – Defensive focus with an emphasis on defensive sliding and positioning, rebounding, and defensive theory

## **3<sup>rd</sup> Day morning Session**

- Defense
- Rebounding
- Defensive Theory
- Unguardable Moves

## **3<sup>rd</sup> Day Afternoon Session**

Round-robin style tournament with coaches emphasizing targeted skills from Morning Session



# AUBD Development Camp

## Head Coaches



### Sedale Threatt

<b>Born</b>	1961, Atlanta, Ga. USA
<b>Position</b>	Point Guard / Shooting Guard
<b>College</b>	West Virginia Tech
<b>Draft</b>	1983
<b>Pro Career</b>	1983 -1998
<b>Specialty</b>	Basketball I.Q. and Shooting

A 15-year NBA veteran with teams such as the LA Lakers and the Chicago Bulls, Sedale Threatt brings a wealth of knowledge and experience to Australia that he is adamant on sharing with the next generation of basketball players.

He is the current coach of the Waverley Falcons Youth League team and the Director of Coaching of the Whittlesea Pacers. He has also coached the SEABL Nunawading Spectres Men's team, the Rush in the High Stakes Hoops, and the Australian And 1 teams.

He is the senior coach of AUBD and specializes in developing the elite juniors in U10s & U12s. He has uncanny ability to communicate advanced skills and techniques in such a way that anyone of any age can understand them.

Sedale lifts the confidence of those he coaches and inspires them with his positive attitude and passion for the sport



### Sedale Threatt Jr.

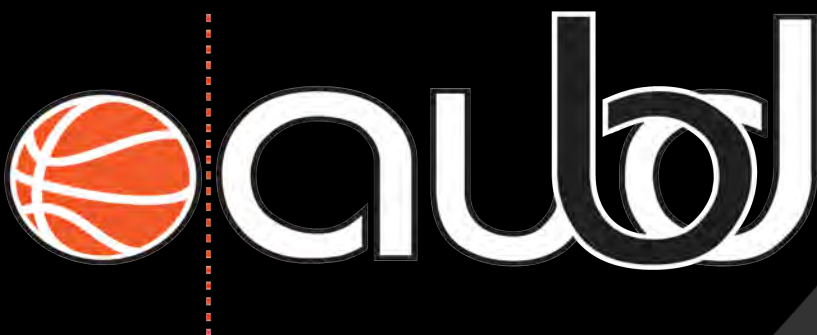
<b>Born</b>	1981, Atlanta Ga. USA
<b>Position</b>	True Point Guard
<b>College</b>	California State University
<b>Draft</b>	Undrafted
<b>Pro Career</b>	2005 - Present
<b>Specialty</b>	Ball Handling and Pick & Roll

Sedale Threatt Jr. is currently being hailed the Unguardable guard for his exceptional ball handling ability as exhibited in the instructional DVD Unguardable and / or his talents as seen in the Australian And 1 Tours 2005 -2008 and in the Big V Championship Division.

He is the starting point guard for the defending champion Waverley Falcons and reigning MVP of the Grand Final Series. He is currently the Head Coach of the undefeated Waverley U20s. He was the Head Coach of the champion 2010 Xavier College 10A team that went undefeated in the APS. He was also the Head Coach of the U18s Altona Gators team who were Metro 1 Champions in 2008.

Known for his ability to demonstrate ANY and ALL practical aspects of the game, Sedale Threatt Jr. is one of the few coaches that can not only accurately communicate the game, but display real time applications.

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BASKETBALL  
CAMP



Register online at  
[http://www.aubd.com.au/aubd\\_holiday\\_camps.html](http://www.aubd.com.au/aubd_holiday_camps.html)

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