

TRAINING CAMPS

*with
Coach Maitland*

“Our Bridge the Gap staff are committed to the development of basketball players. We use proven techniques that promote authentic skill development by providing players with the tools to apply essential skills in a competitive environment.

After nearly 20 years of training and adding value to players who have played at the professional, NCAA, NAIA, JUCO and Academy levels of basketball, our training camps provide a world class experience for enthusiastic players of all skill levels.”

COACH GARY MAITLAND, FOUNDER



Why Bridge the Gap?

- Experience a training programme that is used by Coach Maitland to train **professional basketball players**
- Develop the essentials skills need to **compete at a higher level**
- Improve your game with **experienced coaches** and staff, trained in delivering a **holistic approach** to player and skill development
- All exercises and games are designed to **translate to competitive play**
- Learn how to continue **developing your skills beyond** the Bridge the Gap Training Camp

Who has Coach Maitland worked with?



Ovie Soko
Team GB



Kavell Bigby Williams
Team GB and NBA G League



Dwayne Lautier-Ogunleye
Team GB



Ashley Hamilton
Team GB



Temi Fagbenle
Team GB and WNBA



Teddy Okerefor
Team GB



Carl Wheatle
Team GB



Pops Mensah-Bonsu
NBA G League GM and
Seed Academy Ghana



Drew Hanlen
NBA Skills Coach



Joe Abunassar
NBA Skills Coach



John Amaechi
Psychologist and former NBA player

Bridge the Gap Packages*

(Based on 4-6 hours on court)

TIER	BRONZE	SILVER	GOLD
WHAT'S INCLUDED	2x Bridge the Gap coaches	+ S&C coach	+ Coach Maitland + Guest speaker
1 DAY	£800	£950	£1,100
2 DAYS	£1,500	£1,800	£2,100
3 DAYS	£2,100	£2,550	£3,000
4 DAYS	£2,600	£3,200	£3,800
5 DAYS	£3,000	£3,750	£4,000

*Exclusive of expenses for food, travel and accommodation (if necessary). Prices include VAT.

Schedule Example

9:30 AM	Arrival/Registration
10 AM	Skill based warm-up and dynamic stretch
10:30 AM	On Court Skill development/Strength & Conditioning
12:30 PM	Lunch (+ guest speaker)
1:15 PM	Warm-up and dynamic stretch
1:45 PM	Shooting games/challenges
2:30 PM	Small sided games
3:45 PM	Cool down + closing remarks
4:00 PM	Dismissal

Bespoke packages are also available.
Please email info@coachmaitland.com with your requirements.



“Working with Gary is great, he really breaks down areas that you need to improve and puts you in great situations to develop those skills and weaknesses.”

KAVELL BIGBY-WILLIAMS
PROFESSIONAL BASKETBALL PLAYER

BRIDGE THE GAP!

with Coach Maitland

WEBSITE:

coachmaitland.com

EMAIL:

info@coachmaitland.com

INSTAGRAM:

[@coach_maitland](https://www.instagram.com/coach_maitland)