



***“The Sports Academies”***



***“Basketball Academy”***

## *Academy Instruction*

### **Basic Ball Handling**

Basic Ball Handling concentrates on the one fundamental area that will help with just about all other areas of the game. Basic Ball Handling works on developing right and left hand control, developing hand-eye coordination, etc.



**- Ball Handling -**



## ***Academy Instruction***

### **Speed Agility & Footwork**

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***- Speed Agility -***



## ***Academy Instruction***

### **Shooting Skills**

Basic Shooting is designed to develop an athlete's shooting form and technique. Create muscle memory as players take shooting from the basics, work it through a step by step breakdown of a jump shot and work through the proper fundamentals of the right and left hand lay ups.



***- Shooting Concepts -***

## *Academy Instruction*



### Defensive Concepts

**Fundamentals of Defense is the first part of becoming the Ultimate Defender. Players will learn proper body and hand positioning, how to properly slide and use hand positioning to defend the pass and crossover, work on defensive first step, etc.**



*- Defense -*





## *Academy Instruction*

### Scoring Basics

**Scoring Basics is designed to develop our members "moves" to score. Introduction to basic moves like the Euro Step, Spin Move, Floater, etc. Members will work their mid-range and finishing moves. Learn the importance of having various "moves" in your game.**



**- Scoring -**

## *Academy Instruction*



### Conditioning

**Basketball Conditioning is the first step into getting into Basketball shape. Complete workout and drills to play late in a game. Basketball Conditioning will help young athletes improve their focus while improving their stamina.**



**- *Conditioning* -**





## *Academy Instruction*

### Rebounding

**Rebounding in the game of basketball might be the Number #1 aspect of the game. Boxing out, anticipation, hand coordination will be taught in the academy. You want more playing time, rebounding is the way to get it!**



**- Rebounding -**



## *Academy Instruction*

### Passing

**Having the ability to move the ball around is a must! Passing drills are essential to the game and we will stress the importance of teamwork through passing!**



*- Passing -*