

Powder Springs



“Girls Basketball - Skills Academy ”



Our basketball academy is a year round program geared enhancing the players knowledge of the game, along with working on their fundamentals throughout the year. Through hard work and dedication, our goal is to have every player of any skill set better when it comes time for them to play for their school team or recreation league during the winter months. Our coaches will also have the chance to develop their players for the travel ball season during the spring / summer months!

*Academy Skills - Program Calendar
September - February*



- Academy Curriculum -

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

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.



- 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.



- Defensive Concepts -



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 -

Powder Springs



“Girls’ Basketball - Travel Program”



Our Amateur Athletic Union (AAU) program is designed to help bring the our community together through the game of basketball. The program will run from March to August and is a great way for players to be competitive during the off – season. Tryouts for our teams will take place during the academy skills program phrase. We will also a developmental league for players who don't make the travel team. This league will all of our players to play on a tem during the off season. Our goal is have everyone be part of our program!



- AAU Girls Basketball -



Girls independent teams are welcome to be part of our culture. Coaches if you already have a team and looking for a great year around organization to be part, we asked that contact us, we would to have you part of our organization!

Our program is looking for coaches and players that want to represent the City of Powder Springs! Contact us Today!



- AAU Boys Basketball -



Powder Springs Cowboys

7U, 8U, 9U, 10U
11U, 12U, 13U, & 14U

Each team will consist of
Twelve (12) players
Two (2) Coaches
Two (2) Team Moms



- *Girls Teams* -



Powder Springs Cowboys

7U, 8U, 9U, 10U
11U, 12U, 13U, & 14U

Basketball Skills Academy

Travel Team - Tryouts
TBA



- Girls Starting Date -