

## PROGRAMS/PRICING

### **Private Instructions:**

Involves the overall teaching of basketball fundamentals, regardless of your current skill level. The points of emphasis are improving your basic fundamentals of dribbling, shooting, passing, rebounding and executing on offense and defense. The goal is to educate, develop, improve, and mentally strengthen your overall basketball game and abilities. Also developing smarter and tougher players that will understand the benefits of a tireless work ethic and desire to be the best.

### ***Private Instructions, Building 1, Class 102***

#### **Basic (ages 8 thru 10)**

\$30.00/hr or 8 assignments \$220, 16 assignments \$450, 24 assignments \$680

#### **Intermediate (ages 11 thru 13)**

\$35.00/hr or 8 assignments \$260, 16 assignments \$530, 24 assignments \$800

#### **Advance (ages 14 thru 17)**

\$40.00/hr or 8 assignments \$300, 16 assignments \$610, 24 assignments \$920

### **Team Group Training:**

Group training involves understanding the basic fundamentals of working together as a cohesive group to accomplish one common goal, whether it be the executing the offense, press, out of bounds play or a defensive stance. Teach the pros and cons of working together and sharing the responsibility of losing, winning, practicing, and trusting one another during a game

### ***Group Training (3 to 12 players), Building 1, Class 103***

#### **Intermediate (ages 11 thru 13)**

8 assignments \$340.00, 16 assignments \$680.00

#### **Advance (ages 14 thru 17)**

8 assignments \$360.00, 16 assignments \$720.00

### **Post Up Training:**

Post Up training is centered around learning the basic fundamentals of rebounding, low and high post shooting, posting up and defending the high and low post. Learning proper footwork, creating easy shots, cutting, blocking out, and becoming more of an efficient player and passer from the low post.

### ***Post Up Training (3 to 12), Building 1, Class 104***

#### **Advance (ages 14 thru 17)**

**6 assignments \$300.00, 12 assignments \$600.00**

### **Statistical Analysis:**

Statistical Analysis focuses on the numerical aspects of improving your overall basketball shooting efficiency. The statistical categories range from free throw shooting, two and three point tries, offensive and defensive rebounding, player comparison stats, and etc. By studying the numbers of your playing efficiency on offense and defense, you will gain a better understanding on how efficient you are as a player. You can learn what needs to be developed, improved, or strengthen in order to make you more of an efficient and complete player.

### ***Statistical Analysis Building 1, Class 105***

#### **Intermediate (ages 11 thru 13)**

#### **Advance (ages 14 thru 17)**

5 games \$100.00, 10 games \$160.00, 15 games \$220.00

### ***Game Breakdown Video***

The video breakdowns of your games are very important to improving your overall game. Seeing yourself on video will give you the opportunity to critique your strengths and weaknesses of your game, decision-making abilities, and leadership skills on the court. After watching countless hours videos of your games, you will build confidence in your self, and confidence in your game, and a better understanding of what you will need to work on in order to take your game to the next level.

### ***Game Breakdown Video, Building 1, Class 106***

#### **Intermediate (ages 11 thru 13) \$35.00/per game**

#### **Advance (ages 14 thru 17) \$35.00/per game**

