



SKILL CLINICS

FOR: 7TH, 8TH & 9TH GRADE PLAYERS (Fall 2010)

1 - HOUR CLINICS INCLUDE:

SKILL WORK

- INDIVIDUAL OFFENSIVE MOVES
- BALLHANDLING
- PASSING
- INDIVIDUAL DEFENSE
- SHOOTING TECHNIQUE, ACCURACY & SHOOTING UNDER PRESSURE
- WORKING WITHOUT THE BALL/GETTING OPEN/USING SCREENS

ADDITIONAL WORK

- ❖ SITUATIONAL PLAY
(3 vs 3; 2 vs 2; fast break – understanding #'s and lanes)
- ❖ SETTING, READING AND USING BALL SCREENS & DEFENDING BALL SCREENS
- ❖ GUARD SPECIFIC STATIONS; POST SPECIFIC STATIONS

**CLINICS ARE DESIGNED & UNDER THE SUPERVISION & DIRECTION OF NABC
(NATIONAL ASSOCIATION OF BASKETBALL COACHES) PDS-CERTIFIED COACHES**

CLINIC DETAILS

- 1 hr sessions held twice per week. Please contact us for schedule
- Sessions are OPEN – no minimum # of sessions to sign up for. Players may sign up for sessions ahead of time or at door
- Cost per session: ranges from \$5 - \$10 depending on number of players participating. Payable at door.
- Girl's sessions and boy's sessions held separately

Announcing HLB SUMMER SKILL & CONDITIONING CLASSES *NEW!*

30 minute & 50 minute classes

4 week & 6 week sessions

SKILL Classes

- ◆ Beginner: primarily for grades 2 thru 5; Intermediate: primarily for grades 5 – 9; Advanced: primarily for grades 9 – 12
- ◆ Ballhandling basics; Creating with the Dribble; Shooting Technique; Live Shooting/Pressure Shooting

CONDITIONING/BASKETBALL-SPECIFIC ATHLETICISM TRAINING

- ◆ General Conditioning for Basketball: Anaerobic Systems training; Ground Based Explosiveness training (plyometrics); Dynamic Flexibility, Agility/Footwork
- ◆ Area Specific Classes: Agility/Footwork, Explosion training/Plyos (Jump training), Anaerobic Build-up training

CLASSES BEGIN week of June 21st

Schedule of Classes available online beginning Monday, June 7, 2010

For More Info: Visit www.higherlevelbb.com or call (502) 742-4857, ext 4

GET OFF THE BENCH!

GET IN THE GAME!

GET HIGHER LEVEL!