

ADVANCED HOOPS

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Spring Programs 2010

Shooting with Charlie Fortney

Class Description

- **A** chance for Players to get Shooting instruction from Charlie Fortney & Staff in a small group setting
- **S**mall Group allows players to get 250 game type shots in 1 hour of class
- **A**tmosphere allows for 1 on 1 guidance by Charlie while getting the shots needed to improve
- **M**ethod of instruction is proven to help players improve and build confidence in shooting

Spring Games AAU Style

Class Description

- **P**layers from all over the region will compete in a Game Style setting.
- **P**layers will be taught to play a more fundamental style of basketball
- **A**tmosphere where players can develop all areas of the GAME and build confidence
- **C**hance for Professional staff to guide players and instruct them in position work and overall 5 v 5 understanding
- **S**core clock kept for ALL Games, Foul Shots will be taken on shooting fouls, etc..
- **E**mphasis will be put on Dribbling w/ Purpose, Court Spacing, and 1 on 1 confidence with each player

Dribbling/Agility/ Offensive Skills

Class Description

- **A**dvanced Dribbling tactics, multiple ball dribbling to build confidence and challenge players. Big emphasis on Transition dribbling.
- **A**thletic Agility will be improved in these sessions by stationary quickness drills, vertical jump drills, lateral quickness, ladders, core strength, and overall explosive performance
- **O**ffensive Footwork Drills will be engrained in players to teach consistency with short range scoring, as well as 1st Step Jab quickness

Features

- **O**ver 30 key dribbling tactics
- **O**ver 20 quick/agility stations
- **1** on 1 breakdown taught
- **F**ootwork & agility emphasis
- **P**ower Packed Work-out

❖ This Year's Spring Games features 1. Round Robin/Tournament Style 2. Situational Play that teaches players how to read various Defenses and Offenses and 3. A strong emphasis on Full Court Press, Transition Fast Break (Running Lanes), etc...

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