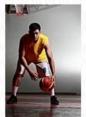
Sports SKILLS ACADEMY Presents

BASKETBALL, SPEED AND AGILITY TRAINING SESSIONS IN DEMAREST, NJ

EIGHT SKILL BASED BASKETBALL, SPEED AND AGILITY TRAINING SESSIONS TO CHOOSE FROM



SATURDAY 10:30 AM TO 2:00 PM
SATURDAY 2:00 PM TO 5:30 PM
APRIL 12TH, 19TH, 26TH AND MAY 03RD 2014
FOR BOYS & GIRLS AGE 7 TO 17
BASKETBALL COURTS (FIRST COME BASIS-RESERVATION REQUIRED)



ACTIVITIES INCLUDE:

- ANTICIPATING NEXT MOVE
 - BALL HANDLING
- DRIBBLING THE RIGHT WAY
- SHOOTING THE RIGHT WAY
- BUILDING MUSCLE MEMORY
 - PIVOTING
 - PREVENTING TURNOVERS
 - INDIVIDUAL MOVES
 - FOOTWORK
 - PERIMETER SKILLS
 - POST SKILLS
- OFFENSIVE & DEFENSIVE MOVES
 TEAM CONCEPTS



- SPEED DRILLS
- AGILITY DRILLS
- BASKETBALL IQ DRILLS
- 2 BALL DRIBBLING DRILLS
- CHANGE OF DIRECTION
 - CHANGE OF SPEED
 - PASSING DRILLS
- SETTING & ACCOMPLISHING GOALS
 - POINT GUARD SKILLS

LEARNING STRENGTH & WEAKNESS OF TEAMMATES

 DISCIPLINE, DEDICATION AND DETERMINATION

LEARNING TO USE THE BACKBOARD

WINNING STRAT



WITH PURCHSE OF 3 SESSIONS OR MORE - OR \$95.00 PER INDIVIDU



Building Confidence Building a Better Student Athlete Building Better Leaders

TO RESERVE A SPOT-Contact VANDANA ARORA at (845) 642-8252 E-MAIL – staff@aauinternational.com
APRIL 12TH, 19TH, 26TH AND MAY 03RD

WWW.AAUINTERNATIONAL.COM

GYM Location: Luther Lee Emerson School, 15 Columbus Rd, Demarest, NJ