

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

2 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-----**



\$75.00 EACH SESSION

WITH PURCHASE 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