

Birmingham Basketball Academy

9th/10th-Grade Small Group Skills Sessions

The Basics

- High-level, repetitive basketball skills instruction.
- Small groups: No more than 6-8 participants.
- One 1-hour session per week for 8 weeks
- Price: \$150
- Where? Mountain Chapel UMC on Rocky Ridge
- When?
 - 6:30 and 7:30 (Times/groups will be assigned in accordance with AHSAA rules.)
 - 9/8 thru 11/6/2014.
- These sessions are focused on players who have not made their 9th- or 10th-grade teams, but are open to ALL.

Small Group Sessions: A Unique Model

Skill-Sets

- Ball-handling
- Shooting
- Passing
- Footwork
- Dribbling & Change-of-Direction Moves
- How to “Finish” Around the Basket
- Advanced Perimeter Skills

Small-Group Model: We’ve learned that this is a “sweet spot” for skills training. Less kids: Waning concentration! More kids: Not enough individual attention!



Register at <http://bhambba.com>.

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