

Birmingham Basketball Academy

Summer 4th-11th Grade EXCELERATE Program

The Basics

- RISING (Fall 2018) 4th-11th graders
- High-intensity 1-hour sessions
- A unique combination of skill-building on Tuesdays, Cut-Throat games on Thursdays.
- Cut-Throat: fast-paced 3-on-3 or 4-on-4 game; complements skills sessions & allows us to teach through play. Everyone plays; lots of action!
 - Ball-handling, passing and catching
 - Shooting
 - Dribbling/Change of Direction
 - “Finishing” Around the Basket
 - Team Offensive & Defensive Principles
- International-Caliber Instruction
- We value the development of skills, self-esteem, and team principles in ALL young players.

Details

- Time Slot: 7:00-8:00 p.m. Tuesdays/Thursdays
- Dates: Start on 5/29; Finish on 6/28 (10 sessions)
- Locations: Oak Mountain High School 5476 Caldwell Mill Road 35242 (7 sessions) and Green Valley Baptist Church 1515 Patton Chapel Rd. 35226 (3 sessions)
- Price: \$250 (discount for 2nd sibling)

This is what we do best—teach young players how to play. We want them to learn the fundamentals—and learn to love the game!



Don't measure yourself by what you've accomplished, but what you should have accomplished with your ability. ~ John Wooden

Register/Pay Online @ : <http://www.bbhambba.com>