

Birmingham Basketball Academy

Summer 2019 4th-11th Grade EXCELERATE Program

The Basics

- RISING (Fall 2019) 4th-11th graders.
- 2 hours/week of unique methodology through station workouts & guided/instructional competition.
- A unique combination of skill-building on Mondays with 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. Mondays/Thursdays
- Dates: Start on 5/20; Ends on 6/24 (10 sessions)
- Locations: Green Valley Baptist Church 1515 Patton Chapel Rd. 35226 (3 sessions)
- Price: \$299 (discount for 2nd sibling: \$175)

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!

Combining skills training with Cut-Throat allows the players to apply what they're learning.



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>