



## Birmingham Basketball Academy Girls EXCELERATE Program 2018

### Background

- Girls are simply overlooked by the system. They are not being taught fundamental basketball through the local AAU programs.
- Skill and confidence development are of the highest priority for the BBA.
- We provide a fast-paced, high-intensity system that maximizes development in a relatively short period of time.
- Over the past four years, we've helped:
  - Many young players make their school teams or become college prospects.
  - Several teams improve their season performances, including 2 state championships.

### Advantages

- High-level skills training
- Fundamental approach enhances critical thinking skills and helps develop a high basketball IQ.
- Girls develop confidence and competence.
- Play with/against players from other schools.
- Competitive, intense, and fun!
- Limited number of participants.
- Participants learn to play at a much faster pace.
- Prepares them to be successful on their school teams.

### What Do the Players Learn?

- Individual and team skills & concepts.
  - Ball-handling
  - Finishing around the basket
  - Shooting
  - Footwork
  - Passing and catching
- How to properly pass, screen, and cut.
- How to move without the ball.
- How to *be aggressive & confident*. Basketball is a tough, intense game!
- Team-oriented fundamentals; offensive and defensive strategies.

### Details

- Location: Heritage Academy (formerly Shades Mtn. Christian School) 2290 Old Tyler Rd, Birmingham, AL 35226
- Price: \$175 (Discount for 2<sup>nd</sup> sibling).
- Girls 2018-19 8<sup>th</sup> (advanced) thru 12<sup>th</sup>.
- June 4, 11, 18, 25
- Time slot: 6:00-7:30 p.m.
- Each session is a combination of skill-building and playing games.
- Director: Coach Walter Carvalho, the best basketball instructor in Alabama!

**Register on Our Web Site Below!**

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

Web Site: <http://www.bhambba.com>

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