



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: Mountain Chapel United Methodist Church (2541 Rocky Ridge Rd, 35243)
- Price: \$175 (Discount for 2nd sibling).
- Girls 2018-19 7th (advanced) thru 12th.
- July 16, 23, 30, August 6
- Time slot: 6:00-7:30 p.m.
- Each session consists of 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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