

# FUNDAMENTALS AND SWEAT

*News from the Alabama Basketball Academy*



The ABA 10th Grade Teams  
2012 YBOA State Champions

## CELEBRATING 4 YEARS OF FUNDAMENTALS, SWEAT, AND PROMOTING HOOPS

Since the Alabama Basketball Academy started training players in the summer of 2008, it has continued to grow and expand. ABA was a dream of Coach Ronnie Stapler and Coach Scott Stapler to start a program

that teaches players fundamentals. If a player can learn fundamentals in all phases of the game at an early age, the foundation is there as they grow and mature. We also stress the importance of giving players and parents honest, straightforward feedback about their game. We can evaluate a player's ability and teach them how to get better. Our skill development training is a year 'round program. The Pre-Season Training Camp schedule runs from

early August to mid November. We have a Mini-Training Camp schedule from mid-November to Christmas break. Our Winter Training Schedule is the months of January & February. The Spring Training Schedule is our longest session from March to April (with Spring Break built in). We finish the year with our Summer schedule in June and July. As our training schedule has evolved, we have been able to add specialty sessions throughout the year: Post Player Camps in the fall, Fundamental and Shooting Camps in the summer, the Holiday Hoops Camp after Christmas, and the **very popular Sunday Shooting Session** that is held on Sundays during the school year at 3:00 p.m.

It is also extremely important to

ABA to promote basketball in our area and outside the area. Our Club teams play all over Alabama and the southeastern USA. As our teams get older, we will continue to branch out to more of the major tournaments to help in recruiting. In 2011, our Fall Coaching Clinic featured **2 NBA coaches**. This March will be our 3rd Senior Showcase All-Star game. The games are for the top senior players in north Alabama. **All proceeds from the game go to benefit the north Alabama Boys and Girls Clubs**. It has been a pleasure using the thousands of coaching contacts we have to help so many local players become recruited and realize the dream of playing college basketball. The future of the Alabama Basketball Academy is exciting.

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## FIND US AND FOLLOW US ON SOCIAL MEDIA

Stay connected with the Alabama Basketball Academy via social media:

Facebook - Alabama Basketball Academy and Scott Stapler

Twitter - @ALABBALLACAD

(Coach Scott Stapler)

Website: [www.alabamabasketballcademy.com](http://www.alabamabasketballcademy.com)

We will post updates and information in all of these places.



The fishing boats and snow-capped mountains outside the gym in Isafjordur, Iceland.

## SUMMER REVIEW

June and July were once again very busy months for the ABA. We started the summer off with a **9 day trip to Iceland**. Coach Scott Stapler was offered a unique opportunity to be one of the guest clinicians at the largest basketball camp in Iceland. The camp is held in the resort town of Isafjordur on the north-western coast. Coach Stapler was able to work with many of the best young players in Iceland. Many were sent to the camp by the Icelandic Basketball Federation. He also had

the opportunity to conduct coaching clinics for many of the head coaches of the professional teams in Iceland. During the trip, the Icelandic Men's National team was starting preparation for the Euro Basket Group qualification rounds that took place in August.

After returning from Iceland, we started up our **ABA Summer Skill Development** training groups. Training was held this summer at Fern Bell Rec Center and Challenger Rec Center. We trained 3 days per week. The

Summer groups we worked with were Beginning Basketball—ages 6-8, Advanced Basketball—ages 9-11, Middle Skills—ages 12-13, High School and College & Pros. We put the boys and girls in separate groups starting with Advanced Basketball training.

In addition to our Skill Development training, we also did basketball camps in June and July for Mayfair Church, Fellowship of Christian Athletes, Randolph School, Scottsboro, and Sylvania.

*“These players work extremely hard. We look forward to seeing them play for their school teams during basketball season.”*

## FALL SKILL DEVELOPMENT AND PRE-SEASON TRAINING CONTINUE TO GROW

We began our Pre-Season Training Camp the same week that school started in Alabama. Fall is a great time of year for ABA because excitement starts to build toward October and the beginning of official high school practices. **We enjoy working with middle school and high school players (male and female) who want to make sure they are prepared for practice on day 1.** This fall we worked

with high school players from **all over north Alabama**. Everyone trains twice per week, with some training three times per week. We conducted all of our Fall training at the southeast YMCA.

During the fall, we focus on the things that we did with our teams in high school and college in preparation for a challenging schedule. Our goal is for

**every player who trains with us to go into practice sharp, confident, and in shape.** High schools are so limited now with the number of practices they can have before starting games, we can help players gain an advantage over those who are not training. These players worked extremely hard. We look forward to seeing them play for their school teams during basketball season.

## FALL POST PLAYER TRAINING



Coach Ronnie Stapler teaching at our Big Man camp in Barcelona, Spain.

Last September we conducted a one-day Post Player Development Camp. In 2012, we believed it was more beneficial to offer a Post Player Development Group on Sunday afternoons which gave more players an opportunity to participate in this specialized instruction. We had a great group of players - both girls and boys - ranging in ages

from middle school to high school. We were able to cover more skills over the 7 - one hour sessions. We look forward to this again next fall. **Very few players are taught how to play in the post.** You can see some of these players improve immediately as they start to understand how to use their body to create angles and momentum.

### **NBA TRAINING CAMP**

We were invited to the **Milwaukee Bucks** training camp in early October. We spent 3 days watching their staff teach individual skills and team concepts. It was a great opportunity to see how some of the best players and coaches in the world prepare for an 82 game season.

## HOLIDAY HOOPS CAMP CONTINUES TO GROW!

The 4th Annual ABA Holiday Hoops Camp was held December 27th and 28th at the Randolph School Gym on Garth Road. Our camp continues to grow with over 80 campers this year divided into 3 age/skill groups: ages 6-8, ages 9-11, and ages 12-14. We had boys and girls from all over north Alabama and several who were visiting for the holidays.

Camp Highlights:

>Ball-handling and Dribble moves

>Footwork - Starts, Stops, and Turns

>Live ball moves

>Passing and Receiving

>Shooting technique & the Shooting Progression-

>Various offensive concepts -

>1 on 1, 2 on 2, 3 on 3 games - used to reinforce the techniques we have been teaching.

>>Mark your calendar for the days just after Christmas next year for the ABA Holiday Hoops Camp!



Coach Scott Stapler teaching the proper shooting technique to the Middle School Holiday Hoops campers.

## ABA CLUB TEAMS

In the spring/early summer, ABA also operates as a Basketball Club. We have teams for players ranging from 3rd grade to HS Seniors. We divide our teams into 2 categories: Local and Regional. Both groups practice twice a week and play in tournaments on the weekends. Typically, our Local teams do not travel outside of the Huntsville/Metro area to play. Our Regional teams play

in tournaments within a few hours drive from Huntsville and the stronger teams have the opportunity to play in National level tournaments. Each team is organized and treated like a high school or college team. Our practices are focused on player development and team concepts. Each of our teams receive instruction from either Coach Scott Stapler or Coach Ronnie Stapler or both. We

also bring in outstanding coaches from the area to coach our teams.

Our goals for each member of our Club teams are to become more skilled individually, learn how to work and compete, and grow in their knowledge and love for the game. While winning is not the ultimate goal, our teams were very successful in tournament play.

***ABA CLUB TEAM tryouts will be in mid/late February for 3rd-8th graders and mid March for High School players - dates/times/venues will be posted on our website!***

Contact us if we can help with a ball-handling routine.

## THE BEST THINGS WE HAVE SEEN AND HEARD

1. Great quote from Hall of Fame QB Steve Young - "Every pass he throws has a message attached to it." Referring to QB Tom Brady's ability to deliver the ball to his receivers in the perfect spot to allow them to gain yards after catching it. This is very applicable to basketball as well. It's the difference between an average pass and an assist pass. We stress

when making a pass, do not throw the ball to your teammate, pass it away from your teammate's defender. The passer must be the receiver's eyes. Your pass tells your teammate how the defender is playing you.

2. The best youth basketball players we see can dominate the game because they have outstanding ball-handling skills

or the ability to make shots OR both. If your child took 10 minutes daily to do ball-handling drills, how much better would they be? If you skip the weekend, that's 5 days @ 10 minutes per day. 50 minutes per week, 200 minutes per month. The improvement and confidence gained would be tremendous.







Coaches L to R - Ronnie Stapler, Bill Peterson (Milwaukee Bucks), Michael Curry (Philadelphia 76ers), Scott Stapler at ABA's Fall Coaching Clinic.

The Alabama Basketball Academy has been helping players of all ages improve their skills since 2008. ABA is a player-development company with a world class ability to teach the game of basketball. We offer year-round basketball skill development for both male and female players starting as youth players and continuing through professionals. We offer personal training and group training. In the spring/summer we coach and train Club teams.

The DIFFERENCE is that our FOCUS is on teaching and instruction through FUNDAMENTALS and SWEAT! Each player is treated like they were our child or team member. We help players at all levels improve their skills and understanding of the game. If your goal is to improve your skills from knowledgeable, passionate coaches, the Alabama Basketball Academy is the resource.

#### *News from the Alabama Basketball Academy*

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**SWEAT IS A FUNDAMENTAL.**

***HAVE A GREAT CHRISTMAS HOLIDAY!***

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# [www.alabamabasketballacademy.com](http://www.alabamabasketballacademy.com)

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## **2013 WINTER TRAINING SCHEDULE (JANUARY-FEBRUARY)**

During January and February, we move our training back to three days per week. **This winter we are training Sunday afternoons and Monday and Thursday evenings.**

The Training Schedule begins on Sunday 1/6/12. Below is the upcoming schedule:

### **Sunday**

Noon-2p.m. & 4-5:45 p.m. - PERSONAL TRAINING (in 60 minute slots)

2- 3p.m. - Beginning Basketball (ages 6-10)

3- 4 p.m. - Shooting Session

### **Monday**

6-7 p.m. - Personal Training

7-8 p.m. - Advanced Basketball

8-9 p.m.- Advanced Basketball

### **Thursday**

6-7 p.m. - Personal Training

7-8 p.m. - Advanced Basketball

8-9 p.m. - Advanced Basketball

For more information - visit:

[www.alabamabasketballacademy.com](http://www.alabamabasketballacademy.com)  
or contact us at [scott@ababall.com](mailto:scott@ababall.com).

This schedule will wrap up the end of February. In March, we start our Off Season Skill Development and ABA Club team seasons.

**Our Winter Training is especially beneficial for youth and Rec league players who do not have many opportunities to develop their skills due to practice times being very limited once games begin.**

