

FUNDAMENTALS AND SWEAT

News from the Alabama Basketball Academy



Coach Stapler working 1 on 1 with European Pro, Jonathan Wallace

EXCITING PLANS FOR OUR 5TH YEAR

We marked the 5th year anniversary of the Alabama Basketball Academy with a trip to Estonia in northeastern Europe to work with many of the their top U16 and U14 players. We continue to have exciting opportunities like this to go and teach the game of basketball.

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Locally, we have a lot of really good opportunities as well. We finished up the summer with a trip to AAU Nationals at Walt Disney World's ESPN Wide World of Sports for our 10th and 11th grade Club teams and three specialty camps (Post Play, Fundamental Skills, and Shooting) in July. We started the summer with 3 weeks of Skill Development Training in June. Needless to say, we had a really busy summer!

On August 17th, just before the start of school, we

held one of our Post Player University Camps in Birmingham at Briarwood Christian School. These 1-day camps are very intense and packed full of instruction on how to play inside. We had a great response from players all over central Alabama.

Another exciting event that started in August was the ABA Pre-Season Basketball League. We've had an overflow response from high school players who want to use the league as a way to prepare for the start of school practice. Each team plays 6 regular season games and then the last week of the season is the playoffs. Follow us on Twitter for all the updates. Next year, we will expand to 3 leagues: Varsity,

JV, and Middle school. During this same time, we started up our Pre-Season Skill Development Training. These sessions go until October 10th. It's a great way to give these HS and MS players a chance to prepare for the season.

After October 10th, we will start Youth Skill Development Training. STAY connected with us via Facebook and Twitter. See you on the court!



Coach Ronnie Stapler teaching at Post Player University - Birmingham - 8/2013.



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Twitter - @alabballacad (Coach Scott Stapler)



Subscribe to our channel for videos and drills - Scott Stapler

www.alabamabasketballacademy.com

ABA CONDUCTS JUNE CAMP IN ESTONIA



“Many of these young men could be very good high school and college players in the USA.”

Coach Scott Stapler just returned from an 8 day trip to the Republic of Estonia in northeastern Europe. He was invited to do a clinic for some of the top 14-16 year old boys in their Junior National team program. The teams are preparing for August European competition in Sarajevo, Bosnia & Herzegovina. It was a great opportunity to work with some very talented players. These players were extremely hard workers and eager to improve their skills. There were several play-

ers who stood out as potential stars in Europe. These players are already weighing their options with offers to come play in the youth programs of some of the top clubs in Europe. The best clubs in Europe search for players and try to sign them to long-term contracts at an early age in hopes that they will develop into great players.

Many of these young men could be very good high school and college players in the USA. They just need the

opportunity to do so.

Having the opportunity to travel to Europe again for the 3rd straight summer reinforces the fact that we need to continue to emphasize the importance of good coaching and the ability to teach players the fundamentals of basketball. The typical European player is exposed to solid fundamentals earlier and more often than those in the USA. That is why we see so many skilled players coming to college and the NBA out of Europe.



Rakvere Castle in Rakvere, ESTONIA. Built around 1340.



Our Post Players worked extremely hard and have a lot of ability. These guys would be rising 8th, 9th, and 10th graders in the USA. Good athletes who understand the game. (I'm the short guy in the middle).



Map of Eastern Europe. ESTONIA (a former Soviet Republic) is one of the Baltic countries. RUSSIA is on the east, LATVIA is to the south, and the Baltic Sea serves as the border on the north and west. ESTONIA has a population of about 1 million people.

The 2012-2013 opening night NBA rosters tied a record with **84** international players. These players came from **37 countries and 11 territories**. **FRANCE** was the most represented country with 10 players and the **SPURS** had the most international players with 6. Basketball is the **2nd most** popular sport in the world - behind soccer.

ABA CLUB TEAMS HAVE GREAT SPRING/SUMMER

Our Club Teams had another outstanding spring/summer season. We had teams for boys in every age group from 4th grade up through 11th grade and a middle school team for girls.

Our goal for each team member is to finish up the season a better player than when we began in February. Each team did that. Just about every age group won at least one tournament and many won multiple times. While that is not the ultimate goal, it is important to go out and compete every time we are given the opportunity. As the interest

continues to grow in ABA Club teams - especially in the younger age groups, we will ALWAYS focus on teaching fundamentals. Being skilled allows many players to have the opportunity to play in middle school and high school. And for the older teams, we will continue to find the best tournaments and opportunities to give them exposure to college coaches.

Our 10th and 11th grade teams finished the season out in Orlando in the AAU D1 Nationals at Disney's Wide World of Sports. Each group played very well and will get many college opportunities from the exposure.



We are the BACK to BACK YBOA State Champs! These guys won it last year as 10th graders and repeated as 11th graders in May at the 2013 tourney in Birmingham.

Welcome to COACH KYLE OVERSTREET & VERTIMAX TRAINING



ABA is excited to announce the addition of Kyle Overstreet to our coaching staff. Coach Overstreet graduated from the University of Alabama with a degree in Kinesiology and focus on nutrition and coaching. He is a native of Jacksonville, FL where he played high school basket-

ball. After high school and while in college, he worked as a scout and evaluated players for Hoop Mountain Florida and floridahoops.com.

Coach Overstreet also worked with many of the better high school players in Florida developing their skills. He most recently spent time training on

the VertiMax Performance System. His knowledge on VertiMax sport-specific training combined with his ability to help players develop skills is a great addition to ABA.

We will be starting up training sessions that combine our Skill Development training and the new VertiMax training this fall.

*Our **SKILL DEVELOPMENT TRAINING SESSIONS** are the **BEST** way to prepare for the upcoming basketball season. **START training with us NOW!***

CONTACT us to get involved in ANY of our PROGRAMS.

ABA IN DECATUR

We are expanding our Skill Development Training Sessions to Decatur for the Pre-Season.

Starting Monday, 8/26, we will train from 6-9 p.m. At 6:00 and 8:00 p.m. - we will have Skill Development Training and at 7:00 p.m. - we will have a Shooting Session. These sessions will be held at [Leon Sheffield Magnet School - 801 Wilson St. NW - Decatur 35601](#).

SUNDAY SHOOTING INFO 3-6 GRADE LEAGUE

Our very popular - **Sunday Shooting Sessions** will start up after Labor Day weekend - on Sunday (9/8/13) from 3:00-4:00 p.m. This will be held at the SE YMCA (back gym) - 1000 Weatherly Rd., HSV 35802.

It is 60 minutes of training on shooting technique and game-specific shots. A player will typically get 200-300 shots in during this session. Cost \$20.

We are trying to put together a league during basketball season for 3rd-6th grade teams. If you are interested in putting a team in this league, please contact us for more details. Games will be played during the week to allow for open weekends for time off or to play in other tournaments.





Coach Scott Stapler teaching at our camp this past June in ESTONIA.

News from the Alabama Basketball Academy

Coach Scott Stapler, President
Alabama Basketball Academy

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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.

SWEAT IS A FUNDAMENTAL.

www.alabamabasketballacademy.com

ABA CURRENT AND UPCOMING TRAINING SCHEDULES

HIGH/MIDDLE SCHOOL

PRE-SEASON TRAINING INFO

Started 8/26 - Ends 10/10

FOR BOYS AND GIRLS IN
MIDDLE SCHOOL AND HIGH
SCHOOL

Last Fall we had players from
over 20 area schools train with
us to prepare for the start of HS
practices in October.

We will have 12 Training ses-
sions over 7 weeks.

There are 8 training opportuni-
ties per week on M, W, TH eve-
nings.

Each session will last 60
minutes.

Special TEAM RATE for any play-
er on a school team.

YOUTH TRAINING PROGRAMS

SKILL DEVELOPMENT TRAINING

Starts 9/8/2013

FOR BOYS AND GIRLS-AGES 6-13

60 minute Skill Development
Training Sessions on Sunday
afternoons - 2:00 & 4:00 p.m.

These sessions focus on funda-
mental skill work in ball-handling
and dribble moves, footwork,
shooting technique, and concepts
for basketball. Cost \$25/session.

SUNDAY SHOOTING SESSION

Starts 9/8/2013 - 3:00-4:00 p.m.

1 hour of Shooting fundamentals
and game specific shooting. Play-
ers will get 200-300 shots during
this hour. Cost \$20 per session.

All Training is at the SE YMCA

1000 Weatherly Rd - HSV 35802

FOR MORE INFORMATION ON OUR PRE-
SEASON TRAINING SCHEDULE - VISIT
OUR WEBSITE -

www.alabamabasketballacademy.com

or CONTACT -

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**“The will to succeed is important,
but what’s more important is the
will to prepare.”**

Bobby Knight