



ALABAMA BASKETBALL ACADEMY

2014 SPRING TRAINING SCHEDULE - MARCH 4 - MAY 8

14 WORKOUT OPPORTUNITIES

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
TUES/THURS TRAINING IS AT FERN BELL REC 107 SANDERS RD HSV, AL 35802	www.alabamabasketballacademy.com						1/1 TRAINING VertiMax							
							2:00-3:00							1/1 TRAINING VertiMax
							3:00-4:00							SHOOTING SESSION - 12U
SUNDAY TRAINING IS AT THE SE YMCA (BACK GYM) 1000 WEATHERLY RD. HSV, AL 35802	4:00-5:00	BEGINNING BASKETBALL		BEGINNING BASKETBALL			SHOOTING SESSION - 13+							
	5:00-6:00	ADVANCED BASKETBALL		ADVANCED BASKETBALL			1/1 TRAINING VertiMax							
NO TRAINING MARCH 25 & 27 APRIL 3RD	6:00-7:00	ABA CLUB TEAMS	ABA CLUB TEAMS	ABA CLUB TEAMS	ABA CLUB TEAMS	CONTACT COACH SCOTT STAPLER 256.604.0101 CELL scott@ababall.com COACH KYLE OVERSTREET kyle@ababall.com TWITTER - @alaballacad								
	7:00-8:00	ABA CLUB TEAMS	ABA CLUB TEAMS	ABA CLUB TEAMS	ABA CLUB TEAMS									
	8:00-9:00	ABA CLUB TEAMS	ABA CLUB TEAMS	ABA CLUB TEAMS	ABA CLUB TEAMS									

as of 2.23.14

BEGINNING BASKETBALL = 14 - 60 MINUTE SESSIONS - \$315 or \$25 per session - AGES 6-9	
<i>This hour, we will teach fundamentals in footwork & live ball moves, ball-handling/dribble moves, & shooting technique/drills.</i>	
PERSONAL TRAINING = 60 MINUTES - \$95 per SESSION	
<i>Each session is tailored to the specific needs of the player. Must have a minimum of 6 sessions to lock in a time slot.</i>	
SUNDAY SHOOTING SESSION = 60 MINUTES - \$20 per SESSION	
<i>One hour of only shooting. We begin with Shooting Progressions and finish with game specific shooting drills- 200-300 shots</i>	
ADVANCED BASKETBALL = 14 - 60 MINUTE SESSIONS - \$315 Total OR \$25 Per session - Ages 10 and UP	
<i>Skill Development Training in ball handling, dribble moves, footwork, shooting technique, and basketball concepts</i>	
VERTIMAX EXPLOSIVE TRAINING = Each session = 30 mins. 1 player = \$30 ea, 2 players = \$25 ea, 3 players = \$20 ea	
<i>Strength and explosive training system used by Elite athletes. Provides an intense, sport-specific workout using resistance bands.</i>	
SMALL GROUP TRAINING = 60 MINUTES - PRICES BASED ON NUMBER OF PLAYERS - 6 PLAYERS MAX	
<i>Players grouped with similar skill levels or positions...training tailored to more specific areas and/or positions</i>	
VERTIMAX - "SHOOTING GUN" - SKILLS TRAINING - 60 MINUTE TRAINING SESSION - \$45 per SESSION - 6 PLAYERS MAX	
<i>Players will get VertiMax work, Shooting work on "the Gun shooting system", and Skill Development in this program</i>	