



# ALABAMA BASKETBALL ACADEMY

**2014 PRE-SEASON TRAINING SCHEDULE - OCTOBER 23 - NOVEMBER 25, 2014**

## 10 WORKOUT OPPORTUNITIES

	TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
ALL TRAINING IS AT THE SOUTHEAST YMCA - BACK GYM 1000 WEATHERLY RD. HSV, AL 35802	1:00-2:00								1/1 TRAINING VertiMax
	2:00-3:00								SMALL GROUP 1/1 TRAINING
	3:00-4:00	<a href="http://www.alabamabasketballacademy.com">www.alabamabasketballacademy.com</a>							SUNDAY SHOOTING
	4:00-5:00	<div style="border: 2px solid red; padding: 5px; display: inline-block;">GUNTERSVILLE TRAINING</div>							MINI-LEAGUE + SKILLS
	5:00-6:00								SMALL GROUP 1/1 TRAINING
	6:00-7:00	BEGINNING BASKETBALL	MINI-LEAGUE + SKILLS (6-7:15)	BEGINNING BASKETBALL	MINI-LEAGUE + SKILLS (6-7:15)	Contact - COACH SCOTT STAPLER 256.604.0101 CELL <a href="mailto:scott@ababall.com">scott@ababall.com</a> Twitter - @alaballacad			
	7:00-8:00	VertiMax + TRAINING	SMALL GROUP 1/1 TRAINING		SMALL GROUP 1/1 TRAINING				
	8:00-9:00	SMALL GROUP 1/1 TRAINING	SMALL GROUP 1/1 TRAINING		SMALL GROUP 1/1 TRAINING				

as of 10.20.14

<b>BEGINNING BASKETBALL = 10 - 60 MINUTE TRAINING SESSIONS - \$200 - TOTAL</b>	
<i>This hour, we will teach fundamentals in footwork &amp; live ball moves, ball-handling/dribble moves, &amp; shooting technique/drills.</i>	
<b>PERSONAL TRAINING = 60 MINUTES - \$95 per SESSION</b>	
<i>Each session is tailored to the specific needs of the player. Must have a minimum of 3 sessions to lock in a time slot.</i>	
<b>SUNDAY SHOOTING SESSION = 60 MINUTES - \$20 per SESSION</b>	
<i>One hour of only shooting. We begin with Shooting Progressions and finish with game specific shooting drills- 200-300 shots</i>	
<b>MINI-LEAGUE + SKILLS = 10 - 75 MINUTE SESSIONS. AGES - 2nd - 6th grades. \$175 - TOTAL</b>	
<i>Skill Development Training, basketball concepts, and 3/3, 4/4, 5/5 games to prepare these players for the season.</i>	
<b>VERTIMAX EXPLOSIVE TRAINING = Each session = 30 mins. 1 player = \$30 ea, 2 players = \$25 ea, 3 players = \$20 ea</b>	
<i>Strength and explosive training system used by Elite athletes. Provides an intense, sport-specific workout using resistance bands.</i>	
<b>SMALL GROUP TRAINING = 60 MINUTES - PRICES BASED ON NUMBER OF PLAYERS - 6 PLAYERS MAX</b>	
<i>Players grouped with similar skill levels or positions...training tailored to more specific areas and/or positions</i>	
<b>VERTIMAX + SKILLS TRAINING - 60 MINUTE TRAINING SESSION - \$55 per SESSION - 6 PLAYERS MAX</b>	
<i>Players will get VertiMax work and Skill Development Training in this program</i>	