



# ALABAMA BASKETBALL ACADEMY

**2015 FALL TRAINING SCHEDULE - OCTOBER 22 - NOVEMBER 24**

**10 WORKOUT OPPORTUNITIES**

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>&gt;ALL TRAINING IS @ MTN VIEW BAPTIST 1413 MCCLUNG AVE HSV, AL 35801</p> <p><u>OCTOBER DATES</u> 22, 26, 29</p> <p><u>NOVEMBER DATES</u> 2, 3, 9, 16, 17, 23, 24</p> <p><u>ALL SUNDAY SHOOTING</u> SESSIONS HELD @ SE YMCA (BACK GYM) 1000 WEATHERLY RD HSV, AL 35802</p>	1:00-2:00						1/1 TRAINING	
	2:00-3:00						SMALL GROUP	
	3:00-4:00	<a href="http://www.alabamabasketballacademy.com">www.alabamabasketballacademy.com</a>					1/1 TRAINING	
	4:00-5:00						SMALL GROUP	
	5:00-6:00						1/1 TRAINING	
	6:00-7:00	SKILLS TRAINING	SKILLS TRAINING					SMALL GROUP
	7:00-8:00	SKILLS TRAINING	SKILLS TRAINING					1/1 TRAINING
	8:00-9:00	AVAILABLE FOR ANY PROGRAM	AVAILABLE FOR ANY PROGRAM					SMALL GROUP
	<p>&gt;COACH SCOTT STAPLER 256.604.0101 cell <a href="mailto:scott@ababall.com">scott@ababall.com</a></p> <p>&gt;COACH KYLE OVERSTREET 904.874.6774 cell <a href="mailto:kyle@ababall.com">kyle@ababall.com</a></p> <p>Twitter - <a href="https://twitter.com/alaballacad">@alaballacad</a> Instagram - <a href="https://www.instagram.com/alaballacad">alaballacad</a></p>							
	as of 10.10.15							

<b>SKILL DEVELOPMENT TRAINING = 10 - 60 MINUTE TRAINING SESSIONS - \$295 - 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 - 10 FOOT BASKETS</b>				
<i>One hour of only shooting. We begin with Shooting Progressions and finish with game specific shooting drills- 200-300 shots</i>				
<b>SMALL GROUP TRAINING = 60 MINUTES - \$45-\$65 PER SESSION - 2-6 PLAYERS</b>				
<i>Players grouped with similar skill levels or positions...training tailored to more specific areas and/or positions</i>				
<b>VERTIMAX EXPLOSIVE TRAINING = Each session = 30 mins. \$30 PER SESSION.</b>				
<i>Strength and explosive training system used by Elite athletes. Provides an intense, sport-specific workout using resistance bands.</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>				