

# NIKE BASKETBALL



## ALL-OHIO BASKETBALL TRAINING ACADEMY 101

Boys and Girls ages 4-8 - cost \$95.00

January 27th - March 17, 2018 (Saturdays only)

Sign-up deadline January 21<sup>st</sup>, 2018

Training time 7:45am - 9:00am 8 week course Glenwood Recreation Center

All-Ohio is a national sponsored Nike basketball program with emphasis on the student athlete through elite competition, exposure and player growth. We have over 80 boys and girls playing college basketball across the country. We want to use our training formula to help your kids achieve their goals.

**Training objective:** to prepare you for an overall understanding of how to play and learn the game of basketball and its terminology.

**Instructors:** will be people who played high school and college basketball, played and coached at the AAU Elite Level, and coached at the college level. Our trainers have trained the All-Ohio players currently playing college basketball. This training will make you a player.

\*Reduced size training basketball

\*Teamwork sessions

\*Dribbling drills

\*Rope jumping

\*Team defense

\*Position drills

\*Lay-up drills

\*Group pictures

\*Competition drills

\*Snacks & prizes

\*Pivoting and movement

\*3 on 3 drill work

\*Court terminology

\*Footwork drills

\*Basketball quiz test

\*Training award certificate to each participant

\*Reversible training Jersey

\*Lateral speed drills

\*Passing Drills

\*Fun drills - dribble tag

\*Rebounding drills

\*Shooting contest

\*Individual pictures

**RETURN THIS FORM WITH YOUR PAYMENT BY FEBRUARY 4, 2017**

Name: \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Jersey Size: S M L (youth sizes) Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Position \_\_\_\_\_

Previous basketball experience: \_\_\_\_\_

Make Checks Payable and Return to:

**All-Ohio Summer Basketball Program, 3235 Oakland Hills Dr., Pickerington, OH 43147**