



Basketball Summer School 2018

Hello players and parents!

Hopefully you are planning on using this summer to improve your game. Summer is the time to prepare for fall leagues and your town travel season, not the weekend before tryouts! If you want to get a head start on your competition, I will be holding skill/conditioning "summer school" clinics starting the first week of June through the end of July- 8 weeks total. Sessions will run for 2 hours, 3 evenings per week and a possible fourth day on weekends (will send out schedule with locations Saturday June 2nd).

What you will gain from these 8 weeks:

SHARPER SKILLS Shoot 1000s of shots. Handle the ball until it's on a string.

ATHLETICISM Footwork and agility for both ends of the court- freeze or blow by any defender, learn to LOVE playing lock-up defense from baseline to baseline.

HIGHER BASKETBALL IQ Learn to read defenses, get easy buckets, force bad shots on defense.

BECOME A WINNER Competitive drills so players must give their best effort and bring their A-GAME every time.

Please contact me if you are interested in working out and share with others who want to work on their game. My email address is below, I also will be doing private/small group training. Workouts will be at Brundage Park in Randolph and parks around the Livingston/Morristown area. The cost is \$100 per player for all 8 weeks- 24 workouts to attend! ****Weekly skill "homework" will be assigned, it is summer school after all!****

Looking forward to getting some work in!

Austin Little

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Hooper

Skills Trainer

AAU Coach