

**SHOOT
BASKETBALLS
NOT
PEOPLE**

SBNP **BASKETBALL**

PLAYER DEVELOPMENT

PROGRAM





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MISSION STATEMENT

The Shoot Basketballs NOT People program was created in 2013 to help players develop fundamentally in the sport of basketball. Our mission is to use basketball as a vehicle to change and save lives. SBNP yearns to establish high performance and intense levels of basketball skill development training for each athlete.

SBNP has a tremendous focus on mastering the game of basketball by establishing a ZERO tolerance approach to training and a hard work mentality.

We encourage you to become a part of this vision by visiting us at www.joinsbnp.org.



OBJECTIVES

- To improve each players' fundamental skill set in the sport of basketball
- To use performance training, speed/agility, strength training, balance, and conditioning to increase players' development
- To prepare our players with a work ethic that will create longevity in the game of basketball and life
- To provide players with the resources and community needed to shift their personal narratives.



GOALS

- To build and strengthen social and professional basketball networks
- To shape the future of grassroots basketball
- To create a brother and sisterhood within youth basketball players
- To challenge, motivate, and inspire at risk youth to achieve their HS/collegiate basketball dream



TERMS & CONDITIONS OF THE CONTRACT

SCHEDULING & CANCELLATIONS

1. Scheduling and payment for the training month must follow what is outlined in program selection. Reschedules during the month can be negotiated as needed.
2. Personal training sessions that are not rescheduled or canceled 24 hours in advance will result in forfeiture of the session and a loss of the full financial investment at the rate of one session.
3. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.

EXPIRATION OF SESSIONS & REFUNDS

No personal training refunds will be issued once paid for unless there are serious and extenuating circumstances, which the trainer will determine.



TRAINING DESCRIPTION

SBNP offers team, small group, and one-on-one private basketball training for parents looking for additional basketball skills development. If you are a young player that wants to become a better player, or if fundamentals are the missing ingredient in your game, SBNP can help you become a consistent and more effective player. Skill development starts from the ground up, with proper footwork, proper use of the legs, and overall body position and balance. Next, a consistent player is one that trains the same way every time. A consistent player uses the proper mechanics and technique, involving the arms and legs and strong hands and fingers. Let the SBNP staff work with you on your basketball skill development before the bad habits become hard to break!

If you want to focus on your ball handling, post moves, rebounding, or any other skill and want to do it either in a 1-on-1 or small group setting, SBNP has the custom workouts you need to improve in all these areas.



LOCATION



Germantown Friends School Fieldhouse
5445 Greene St, Philadelphia, PA 19144

SKILLS PHILOSOPHIES

-  Ball Handling **BUILDS** Confidence
-  Shooting **BUILDS** the player's ability to pay attention to their mechanics and detail
-  Scoring Offense **BUILDS** the player's ability to become efficient
-  Post Play **BUILDS** the player's ability to focus on balance and footwork
-  Defense **BUILDS** the player's ability to focus on their assignment, 10, and communication
-  Performance Training **BUILDS** improvement in your fitness level for improving your ability to perform in the sport of basketball
-  Speed/Agility **BUILDS** the ability to accelerate, decelerate, stabilize, and quickly change directions with proper posture on the offense and defensive side of the ball
-  Strength/Conditioning **BUILDS** the use of exercises specifically to improve performance in basketball competition



COMMANDMENTS

1. Always **COMMUNICATING** (Offensively & Defensively - FILL UP THE GYM WITH YOUR **VOICE**)
2. **HARD WORK** isn't an option.
3. Learn to be **COMFORTABLE** with being uncomfortable while training.
4. **SET GOALS. PERIOD.**
5. Don't participate if your **HEART** isn't in it.
6. **EXCUSES.**
7. Be **COACHABLE.**
8. Hold yourself **ACCOUNTABLE.**
9. Pay attention to **DETAIL.**
10. Give maximum effort **AT ALL TIMES.**
11. **NEVER** hang your head on a mistake
12. **MAINTAIN EYE CONTACT WHEN BEING SPOKEN TO.**

**MANDATORY COMMANDMENT:
ZERO TOLERANCE FOR DISRESPECT**



CONTACT:

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 www.instagram.com/joinsbnp

 <https://twitter.com/JoinSBNP>

 Info@joinsbnp.org

SBNP QR code



Text JOINSBNP to 1-855-953-0700 to sign up for updates from Shoot
Basketballs NOT People!