

MBA Basketball Academy Training

HS Players
July 1st-29th



Basketball Skill Development Training

When it comes to basketball training, there are two phases that a basketball player really needs to work on. One is strength and conditioning and the other is skill development.

In order to become the best basketball player you can become, strength training along with speed, quickness, footwork, core training is a must to improve in areas that benefit you on the basketball court.

Benefits of Basketball Training

1. Increase flexibility, strength & endurance
2. Improve ball-handling, passing & shooting
3. Get useful tips
4. Increase your confidence.

The MBA Coaching Staff has put together a Plyometrics & Strength Training program designed to help the basketball player become better in many areas of athleticism and fundamentals.

Work Out Schedule

Academy Training twice a week on Mondays & Wednesdays

5:30p.m.-5:35p.m.	Warm ups
5:35p.m.-5:40p.m.	Full Court Lay ups
5:40p.m.	Water Break-rotate to station(every 18 minutes)
5:45p.m.-6:05p.m.	Station 1 Guard Skill Development
6:05p.m.-6:25p.m.	Station 2 Post Skill Development
6:25p.m.-6:45p.m.	Station 3 Plyometric & Strength Training
6:45p.m.-7:00p.m.	Work on Offense/Defense

Cost: \$100 for the 4 week program, plus summer league games
For more information visit: www.mannysbasketball.com