

BASKETBALL SHOOTING & OFFENSIVE SKILLS PRACTICE TRAINING SESSIONS

HELD @ PALMYRA COMMUNITY CENTER

PALMYRA, NEW YORK

PLEASE NOTE THAT THESE SESSIONS ARE OPEN TO BOTH BOYS & GIRLS IN GRADES 2nd – 12th. ALL SESSIONS WILL ADHERE TO CURRENT COVID GUIDELINES AND WILL BE STRICTLY ENFORCED. THE SAFETY AND HEALTH OF OUR PARTICIPANTS IS OUR #1 PRIORITY ! DUE TO GROUP SIZE LIMITS YOUR SPOT RESERVED ONCE ONLINE REGISTRATION COMPLETED AND FULL PAYMENT RECEIVED. ALL PARTICIPANTS MUST HAVE A CURRENT AAU CARD AND PRESENT IT AT THE FIRST PRACTICE. YOU MAY OBTAIN THIS CARD @ WWW.AAUSPORTS.ORG FURY BASKETBALL CLUB CODE: WYA74W THIS CURRENT AAU CARD WILL ALLOW YOU TO PLAY FOR ANY AAU BASKETBALL CLUB/TEAM.

SESSION I NOVEMBER 15,22,29 DECEMBER 6,13,20,27

SESSION GRADE LEVEL TIMES

SESSION II JANUARY 3,10,17,24,31 FEBRUARY 7,14

GRADES 2nd – 4th 8:00 – 9:00 AM

ALL PARTICIPANTS WILL RECEIVE A FURY BASKETBALL BAG

GRADES 5th – 6th 9:15 – 10:15 AM

PARENTS ATTEND LAST SESSION DAY FOR CONTESTS/AWARDS

GRADES 7th – 8th 10:30 – 11:30 AM

PRACTICE SESSIONS WITH ORGANIZED DRILLS-N-SKILLS

GRADES 9th – 12th 11:45 – 12:45

TRAINING SESSION SKILLS AGENDA

NOTE: ALL DRILLS-N-SKILLS WILL BE GRADE LEVEL APPROPRIATE

WEEK # 1 Shooting & Ball Handling Skills

WEEK # 4 One-On-One Offensive Moves & Rebounding

WEEK # 2 Shooting & Passing Skills

WEEK # 5 Shooting, Creating Space, Cuts To Get Open

WEEK # 3 Shooting & Ball Handling Skills

WEEK # 6 Shooting, Low/High Post, Offensive Concepts

WEEK # 7 INDIVIDUAL CONTESTS & SESSION AWARDS CEREMONY (PARENTS MAY ATTEND)

Bob Guy – Former DIV.III Collegiate Coach & Fury Director

Traci Belanger – Girls Coach @ Honeoye Central

Maddy Brown – Former Division I Player & Section V All Star

Scott Savage – Former Div.III Player & Fury Co-Director

Glenn Anderson – Assistant Pittsford Mendon Coach

Gerard Conyers II – Former Penn Yan & Midlakes Coach

Randy Johnson – Boys Coach @ Bloomfield Central

Abbie Shields – Former Div. III Player @ Nazareth

SESSION FEES: 150.00 PER SESSION

PLEASE REGISTER ONLINE @ WWW.FLFURY.COM. SEND PAYMENT TO: FURY BASKETBALL PO BOX 541 CANANDAIGUA, NY 14424 PLEASE BE SURE TO REGISTER AND FORWARD PAYMENT BY THE WEDNESDAY PRIOR TO FIRST SESSION. Questions? Please Contact Coach Guy Or Coach Savage
Coach Guy: RGUY2@ROCHESTER.RR.COM Coach Savage: SSAVAGE1@ROCHESTER.RR.COM

