

Now Coaching at

PRINCETON CLUB

"we're committed to you"

1726 Eagan Road

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TODAY!



SENECA BLUE'S unique training abilities connects with players using an innovative approach to drill strategies teaching all-around skill development.



ELITE Basketball Skill Development Trainer

senecabluebasketball.com

Coached numerous **NBA, WNBA, NBDL**, Overseas and College players, hundreds of High School and Middle School players

Personal Skill Development Trainer for
Wesley Matthew's Portland Trail Blazers

Certified Skill Development Trainer under
NIKE's Ganon Baker Basketball



PORTLAND TRAILBLAZERS

WESLEY Matthews



NBA's

Mid-season
Most Improved Player
by *ESPN*



Seneca Blue SlamDunk!

leader in basketball training from
middle school, high school and professional levels

Now Coaching and
Training at:

**PRINCETON
CLUB** "we're committed to you"
EAST

Personal Training

In an individual, small group (2-6 players) or team training setting we offer elite skill development training at the youth, high school, college and professional level. We emphasize all-around skill set development with a focus on individual attention and high repetitions. We teach fundamental skills and concepts as well as college/pro concepts, skills and drills. We will focus on your strengths and weaknesses to improve your skill set and help you take your game to another level. Our intense and innovative training sessions will teach you how to maximize your workouts and how hard you really need to go to reach your basketball goals. We offer affordable short and long term training packages to fit all of your training needs. Training with us will be the best thing you've done to be the best player you can be!

Areas of Concentration

Triple Threat footwork (jab steps, shot fake, rips), WNBA/NBA dribble, separation and finishing moves, high/mid/low post moves, shot mechanics, intense game speed shooting drills, how to get open/moving without the ball, weak hand development for finishing, dribbling and passing, pick and roll options and execution, innovative chair, cone, medicine ball and tennis ball drills and much more!

Mini-Camps

For those that can't commit to long-term training because of travel time or other factors we offer 1 or 2 day skill Mini-Camps. Our mini-camps feature our same skill development curriculum just in compact, highly intense format. Mini-Camps/Workouts can last up to 3 hours a day (90 minute session, break, 90 minute session). Our Mini-Camps allow players to come in for a day or weekend and get an elite training experience. Mini-Camps can be done in an individual or small group format (2-4 players) and will cover the same concepts and drill work featured in our areas of concentration in personal training.

Training Classes

Seneca Blue Basketball will be offering skill and position-specific classes for 5th graders-seniors starting this April at the Princeton Club. Course offered: Point Guard Skills, The Shooting Lab, Mastering the Handle, The Complete Post Player, Advanced Offensive Moves & Finishing and The 3,000 Shot Club. Course descriptions and registration information will be available soon!

SESSIONS:

\$55 per hour for an individual/one-on-one

\$25 per hour per player for a small group



608-770-3682
blue24553@aol.com

senecabluebasketball.com



"Seneca has been crucial to the advancement of my basketball career. From the moment he coached me in the AAU ranks, to the moment he began being my personal skill trainer he made me his priority and my success was his success. He pushes me everyday and tailors the work out to my needs. He is a student of the game and is always challenging himself to get better, in return making me better!!!"

Wesley Matthews

