



BASKETBALL TRAINING CLASSES

All classes are 7 weeks and players have the option to attend two sessions a week. Tuition is \$199 per course and each class is limited to 12 players. Participants will have the option to attend all 14 sessions but are NOT required to. Every class has a level 1 and level 2, 5th-8th grades must complete Level 1 before taking Level 2 of any course. All high school age players should register for level 2. All classes are co-ed.

COURSE OFFERED: Point Guard Skills

**Wednesdays 5:00-6:00 and Sundays 1:00-2:00 (Level 1),
Wednesdays 7:00-8:00 and Sundays 5:00-6:00 (Level 2):**

April 10-May 25

May 29-July 13

July 17-Aug 31

Point Guard Skills features advanced curriculum that is designed for serious point guards wanting to take their game to another level both physically and mentally. The course will teach you what it truly means to be a "floor general". You will be challenged to make the correct reads, communicate effectively with your teammates as well as taught how to improve court vision, attack the lane and finish with contact. Other skills and concepts taught are: dribbling and passing under intense pressure, passing angles and weak hand passing, change of direction moves, shooting in transition, improving foot speed and the very important mid-range game. This class will teach all the skills needed to excel at the point guard position as well as challenge point guards to perform at the highest level possible. Point Guard Skills (5-8 grade boys and girls, high school boys and girls).

COURSE OFFERED: The Shooting Lab

**Wednesdays 6-7 and Sunday 12-1 (Level 1)
Wednesdays 8-9 and Sundays 4-5 (Level 2):**

April 10-May 25

May 29-July 13

July 17-Aug 31

The Shooting Lab features detailed instruction on all aspects pertaining to the art of shooting the basketball. Participants will be taught proper shot mechanics "from feet to finish". The class will also emphasize footwork and balance while shooting out of the triple threat, off the dribble, off the drive, off of screens and with jab steps and pump fakes. The shooting lab will make you a more confident and consistent shooter. The Shooting Lab (5-8 grade boys and girls, high school boys and girls).

COURSE OFFERED: Mastering the Handle

**Tuesdays 5:00-6:00 and Thursdays 5:00-6:00 (Level 1),
Tuesdays 7:00-8:00 and Thursdays 7:00-8:00 (Level 2):**

April 12-May 26

May 31-July 14

July 19-Sept 1

Ball-Handling is a foundation of the game of basketball. This course will give players the tools needed to improve and master the art of dribbling and ball-handling. The class will cover: one and two ball drills, tennis ball drills, "pounding the dribble", handling the ball stationary and on the move and developing the quickest handle you possibly can. Mastering the Handle (5-8 grade boys and girls, high school boys and girls).

COURSE OFFERED: The Complete Post Player

**Thursdays 6:00-7:00 and Sundays 2:00-3:00 (Level 1),
Thursdays 8:00-9:00 and Sundays 6:00-7:00 (Level 2):**

April 10-May 26

May 29-July 14

July 17-Sept 1

The game of basketball is changing, "post" players can no longer limit their skill set to just playing with their backs to the basket. The Complete Post Player class will challenge taller players to be "basketball players" not a position. The class will give "post" players the skill set and knowledge to play any position. Players will be taught advanced back-to-the basket and face-up post moves and footwork, how to be a playmaker in the post, dribble attacks from the mid and high post, pick n roll and pick n pop concepts, movement off of penetration, proper rebounding positioning, and how to run the floor. The Complete Post Player will build versatility that will make you into a match-up nightmare. The Complete Post Player (5-8 grade boys and girls, high school boys and girls).

COMING THIS SUMMER - REGISTER NOW

MOVES FROM THE PROS

5-8 grade boys and girls, high school boys and girls

COURSE OFFERED: Moves from the Pros

Tuesdays 6:00-7:00 and Sundays 11:00-12:00 (Level 1),

Tuesdays 8:00-9:00 and Sundays 3:00-4:00 (Level 2):

May 29-July 14

July 17-Sept 1

In basketball you need to be able to score the basketball, you have to be crafty with the ball and be able to get separation from defenders. In Advanced Offensive Moves and Finishing you will be taught the movements and footwork of NBA/WNBA stars such as Derrick Rose, Dwyane Wade, Kobe Bryant, Rajon Rondo, Dirk Nowitzki, Chris Paul, Deron Williams, LeBron James, Carmelo Anthony, Manu Ginobili, Sue Bird, Diana Taurasi, Cappie Pondexter, Candace Parker, Becky Hammon, Lindsay Whalen and many others. You will not only be taught how to do each move but more important how and when to apply to them to game situations

COMPLETE TRAINING CLASS SCHEDULE

Tuesday

5:00-6:00pmMastering the Handle (Level 1)

6:00-7:00pmMoves from the Pros (Level 1) **Starting May 31st**

7:00-8:00pmMastering the Handle (Level 2)

8:00-9:00pmMoves from the Pros (Level 2) **Starting May 31st**

Wednesday

5:00-6:00pmPoint Guard Skills (Level 1)

6:00-7:00pmThe Shooting Lab (Level 1)

7:00-8:00pmPoint Guard Skills (Level 2)

8:00-9:00pmThe Shooting Lab (Level 2)

Thursday

5:00-6:00pmMastering the Handle (Level 1)

6:00-7:00pmThe Complete Post Player (Level 1)

7:00-8:00pmMastering the Handle (Level 2)

8:00-9:00pmThe Complete Post Player (Level 2)

Sunday

11:00-12:00pmMoves from the Pros (Level 1) **Starting May 29th**

3:00-4:00pmMoves from the Pros (Level 2) **Starting May 29th**

12:00-1:00pmThe Shooting Lab (Level 1)

1:00-2:00pmPoint Guard Skills (Level 1)

2:00-3:00pmThe Complete Post Player (Level 1)

3:00-4:00pmMoves from the Pros (Level 2)

4:00-5:00pmThe Shooting Lab (Level 2)

5:00-6:00pmPoint Guard Skills (Level 2)

6:00-7:00pmThe Complete Post Player (Level 2)





**BASKETBALL
TRAINING
CLASSES**

CLASS REGISTRATION

Registering For: _____ Date _____

Name _____

Gender _____

School _____

Grade 10-11 School Year _____

Parents/Guardian Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Home Phone _____ Mobile Phone _____

Emergency Contact _____

Emergency Contact Phone _____

Health Notes _____

General Notes _____

Insurance Company _____

Insurance Policy Number _____

Referred By _____

REGISTRATION IS CONFIRMED WHEN PAYMENT IS ACCEPTED.

Please mail registration form and make check payments to:

**THE PRINCETON CLUB
1726 EAGAN RD
MADISON, WI 53704**