



Jr. High Fall Basketball Academy

7th-8th Grade

Week Of September 11th-October 23rd (Monday-Thursday)

Training Levels: Introductory, Foundational, Advanced

Introductory: Basic introduction to the fundamentals of basketball.

Foundational: Develop all fundamental and basic basketball-specific skills, establish building blocks for overall basketball skills with both simulated and live contact.

Advanced: Highest level of skill development which will include developing proficiency of skill against contact in live game situations.

Basketball Academy Will Include:

90-minute weekly workout with highly qualified coach

- USA basketball certified
- NFHS Certified

Digital Player Tools

- Skill of the Week
- Homework
- Development Videos
- Mental Skills

Player Evaluation

- Beginning of the Season Test
- End of the Season Test

Academy Instructors:

Jed Dunn: Head Coach; Deer Valley High School

Lawrence Hill: Former Professional Player; Stanford University Player

Josh Cole: Arizona Christian University Assistant Coach

Cost: \$125