



One on One Basketball (Player Development Program)

White	Orange	Purple	Black
6-9 yrs	8-11 yrs	10-13 yrs	12-15 yrs

The Player Development Program (PDP) is a progressive, color-coded basketball training program that develops confidence in players who are determined to get better at any age or experience level. Whether you are a 6 year-old just getting into basketball, or a 15 year-old aiming to be a starter on your high school team, there is a color level that will help you improve by learning correct technique, game situations and great practice habits. Learn more about One on One Basketball and determine which PDP color level is appropriate for you at www.1on1basketball.com.

8-week session (\$200) / Gym

Mondays - 9/13-11/1

3:30-4:30PM (White – Coed)

4:30-5:30PM (Purple Boys & Girls – split court)

Wednesdays – 9/15 – 11/3

3:30-4:30PM (Orange – Coed)

4:30-5:30PM (Black Boys & Girls – split court)

Kindergarten, 1st Grade, 3rd Grade Instructional Hoops League

Introduce your little player to basketball the One on One way! Our instructional league provides progressive motor-skill building in a fun, low-pressure environment. Each week, teams will work on fundamental skills with a One on One coach in rotating stations. We will put these fundamental skills to task in controlled scrimmages that will be coached and refereed by our One on One coaches. Form a team from your school or register as an individual and be placed on a team. It's the ideal introduction to being on a team!

7-week Co-ed session (\$175) / Gym

Saturdays – 9/25-11/6

10:30-11:30AM (K & 1st Grades)

11:30AM-12:30PM (2nd Grade)

12:30-1:30PM (3rd Grade)

3on3 Skills/Scrimmage League (4-5th Grades)

3on3 is a great way to learn basic movement, screening and defensive fundamentals in addition to gaining confidence with the ball. You can recruit your own team of 3 players or be placed on a team upon registration. We will spend 30 minutes each week on skill work and team strategy and the other 30 minutes will be scrimmaging refereed by our One on One coaches.

7-week Co-ed session (\$200) / Gym

Fridays – 9/24-11/5

3:30-4:30PM (4th-5th Boys)

4:30-5:30PM (4th-5th Girls)

One on One Basketball Pure Stroke Pre-Season Shooting Clinic

If you want to be an incredibly consistent shooter, you have to learn correct technique, and train your body how to work like a machine. Our staff will identify bad habits in your shooting form, teach you how to eliminate them, and replace bad habits with a consistent, linear technique that is guaranteed to dramatically improve your accuracy in just one session!

8-week session (\$200) / Gym

Tuesdays - 9/14-11/2

3:30-4:30PM (3rd-5th Grade)

4:30-5:30PM (6th-9th Grade)