

NIKE BASKETBALL



ALL-OHIO BASKETBALL TRAINING ACADEMY 101

Boys and Girls ages 4-8 - cost \$100.00

January 26th - March 9 2019 (Saturdays only)

Sign-up deadline January 26th , 2019

Training time 7:45am - 9:00am

@ J Ashburn Youth Center, 85 Clarendon Avenue, Columbus OH 43223

All-Ohio is a national sponsored Nike basketball program with emphasis on the student athlete through elite competition, exposure and player growth. We have over 80 boys and girls playing college basketball across the country. We want to use our training formula to help your kids achieve their goals.

Training objective: to prepare you for an overall understanding of how to play and learn the game of basketball and its terminology.

Instructors: will be people who played high school and college basketball, played and coached at the AAU Elite Level, and coached at the college level. Our trainers have trained the All-Ohio players currently playing college basketball. This training will make you a player.

- *Reduced size training basketball
- *Teamwork sessions
- *Dribbling drills
- *Rope jumping
- *Team defense
- *Position drills
- *Lay-up drills
- *Group pictures

- *Competition drills
- *Snacks & prizes
- *Pivoting and movement
- *3 on 3 drill work
- *Court terminology
- *Footwork drills
- *Basketball quiz test
- *Training award certificate to each participant

- *Reversible training Jersey
- *Lateral speed drills
- *Passing Drills
- *Fun drills - dribble tag
- *Rebounding drills
- *Shooting contest
- *Individual pictures

RETURN THIS FORM WITH YOUR PAYMENT BY JANUARY 26, 2019

Name: _____ Cell Phone: (____) _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ School: _____ Grade: _____

Jersey Size: S M L (youth sizes) Weight: _____ Height: _____ Position _____

Previous basketball experience: _____

Make Checks Payable and Return to: Questions Call Jerry Watson 614-861-0572

All-Ohio Summer Basketball Program, 3235 Oakland Hills Dr., Pickerington, OH 43147