



WHAT IS THE OPS BASKETBALL ACADEMY?

- OPS mission is to develop young athletes through the game of basketball and our training programs. OPS has an all-inclusive program structure allowing us to provide training to a wide range of athletes at all different stages of skill development. OPS training emphasizes the importance of developing skills on and off the court, mentally and physically. We want athletes to learn how to compete at the highest level, to push themselves to master the skills of the game of basketball and to elevate themselves to achieve long term individual and team goals.

SPRING BASKETBALL ACADEMY

April 19th-May 26th

Progressive Skill Developmental Program

Participants are divided by age, skill and talent level

CURRENT 6th-11th Grade Athletes

6-week sessions \$200

3 workouts per week

Shooting Focus-Scoring Focus-Game Time

Two 30 minute Athlete Performance Training Sessions

SPRING BASKETBALL ACADEMY EVALUATIONS & PLACEMENT

- Evaluation days are for all players interested in participating in the Spring Basketball Academy.
- Evaluations are the most effective way for us to determine a player's skill set and place them in the proper training session. This gives us the opportunity to train an athlete in a way that will benefit them the most.
- If a player does not meet the criteria to join a specific class, we will discuss a plan to help further their development. If a player misses an evaluation day and is interested in joining the program, they will need to schedule a private evaluation.
- Training groups are determined by gender, grade, skill level and game readiness. By creating separation with our training groups, we can better personalize the training of your athlete to further their growth as players, a key to their overall development.

EVALUATION & PLACEMENT DATES

April 11th, April 12th & April 14th

6:30-7:30

NO CHARGE

**Athletes will be evaluated on the following criteria: Ball Handling, Passing, Basketball Footwork, Shooting, Scoring, Finishing at the rim and overall game knowledge*



SPRING BASKETBALL ACADEMY

- Training Sessions
 - 90-minute training session building skill development into a game scenario training, developing higher I.Q. basketball players while incorporating intense workouts designed to improve ball handling, shooting and footwork. Fun, competitive environment, focused on preparing players for their next level of competition.

- Training Schedule
 - As players are evaluated and placed in the Spring Academy they will be divided into two different training groups. ORANGE and BLUE. Each session will have a specific skill focus. As we progress through each week of workouts we will advance players into more difficult drills.
 - Tuesday: Shooting Focus
 - Thursday: Scoring Focus
 - Friday: “Game Day” - Organized live play consisting of 3 on 3 and 5 on 5 games
 - Saturday: Make Up Day - Skill workout only focused on shooting and scoring

 - ORANGE class will be filled with athletes who show potential in the game but may not have spent much time working on skill development and need to refine fundamental skills, develop a higher basketball IQ, or grow physically.
 - Tuesday & Thursday
 - 5:30-6:30 Skill Development
 - 6:30-7:00 Athlete Performance Training
 - Friday
 - 5:30-6:00 Skill Development
 - 6:00-7:00 “Game Time”
 - Saturday
 - 10:30-11:30 Skill Development

 - BLUE is for more experienced athletes and will be filled by players with higher-than-average basketball knowledge and have spent more time in skill development training.
 - Tuesday & Thursday
 - 6:30-7:00 Athlete Performance Training
 - 7:00-8:00 Skill Development
 - Friday
 - 5:30-6:00 Skill Development
 - 6:00-7:00 “Game Time”
 - Saturday
 - 10:30-11:30 Skill Development