



2017 FALL WARM - UP PRACTICE SCHEDULE

FACILITY – ADVERSITY VOLLEYBALL CENTER – 710 CORPORATE WOODS
PKWY & LIFETIME FITNESS 680 WOODLANDS PKWY– VERNON HILLS

<u>DAY OF WEEK</u>	<u>GRADE LEVEL</u>	<u>TIME</u>
ADVERSITY VOLLEYBALL CENTER PROGRAMS		
TUESDAY	K-3rd Grade Rookie Practice	4:30-5:30 PM
LIFETIME FITNESS PROGRAMS		
TUESDAY	3 rd -4 th Grade Skills	6:00-7:00PM
TUESDAY	4 th -5 th Grade Advanced Skills	7:00-8:00PM

DATES: SEPTEMBER 12, 19, 26, OCTOBER 3, 10, 17

SESSION 1 PRACTICE COST: \$140 (\$120 with Reversible Orange/White Jersey)

(Can pay online at www.playhardhoops.com by going to sign up store)



PRACTICE DESCRIPTIONS:

ROOKIE DEVELOPMENT K-2ND GRADE: This practice will break kids into age and skill appropriate groups while working on ball handling, passing, shooting, lay-ups, and defense. The class will also focus on teaching the rules of the game and a greater understanding of basketball strategy while providing a fun and safe environment for kids of all ages and ability.

PLAY HARD SKILLS 3RD-4TH GRADE: This practice will break kids into age and skill appropriate groups while working on ball handling, passing, shooting, lay-ups, and defense. The class will also focus on more advanced concepts as well as teaching the rules of the game in an encouraging environment for kids of all ages and ability.

ADVANCED SKILLS 4th-5th GRADE: This practice will focus on skill improvement in ball handling, passing, shooting, footwork and individual scoring moves. It will be run very much like a practice that will also incorporate the necessary skills into game situation drills. The class will also finish with controlled game play where continuous instruction will be given in efforts to improve the individual in game situations.

For More Info: CoachA@playhardhoops.com

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