



## 2017-18 WINTER 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>
<b>ADVERSITY VOLLEYBALL CENTER PROGRAMS</b>		
TUESDAY	K-1 <sup>st</sup> Grade Rookie Practice	4:30-5:30 PM
TUESDAY	2 <sup>nd</sup> -3 <sup>rd</sup> Grade Play Hard Skills	4:30-5:30 PM
THURSDAY	1 <sup>st</sup> -2 <sup>nd</sup> Grade Rookie Practice	4:30-5:30 PM
THURSDAY	3 <sup>rd</sup> -4 <sup>th</sup> Grade Play Hard Skills	4:30-5:30 PM
<b>LIFETIME FITNESS PROGRAMS</b>		
TUESDAY	3 <sup>rd</sup> -4 <sup>th</sup> Grade Advanced Skills	6:00-7:00PM
TUESDAY	4 <sup>TH</sup> -5 <sup>TH</sup> Grade Advanced Skills	7:00-8:00PM

Session 1: Begins October 24<sup>th</sup> & 26<sup>th</sup> (8 Weeks) - \$180 (\$160 W/Orange/White Reverse Jersey)

Session 2: Begins January 9<sup>th</sup> & 11<sup>th</sup> - \$220 (\$200 W/Orange/White Reverse Jersey)  
(\$175 for League Participants)



### **PRACTICE DESCRIPTIONS:**

**ROOKIE DEVELOPMENT K-2<sup>ND</sup> 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 3<sup>RD</sup>-4<sup>TH</sup> 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 3<sup>RD</sup>-5<sup>TH</sup> 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](mailto:CoachA@playhardhoops.com) 847-420-8115