



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

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

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



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 and 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 3RD-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 847-420-8115