

STARTING IN OCTOBER 2014!!!



TRAINING & GAME SCHEDULE

Tuesdays:	6 - 7 pm	Skills Training
	7 - 8 pm	Skills Training
Thursdays:	7 - 8 pm	Skills Training
	8 - 9 pm	Skills Training
Saturdays:	4 - 5 pm	Game #1
	5 - 6 pm	Game #2
	6 - 7 pm	Game #3

Tuition Fees: \$160 / month (Due on the 1st of every month)

***** Price includes two hours of skills training per week (4 times to choose from), a game every Saturday, and a FREE Monthly Membership to Los Caballeros Racquet & Sports Club. ******

NOTE: THERE ARE NO MAKE-UP CLASSES AND THERE IS A \$10 FEE FOR LATE PAYMENT.

Whether you are determined to improve your overall game as preparation for next year's tryouts, or simply want to continue to learn the game the right way and play competitively, our coaching staff at SECOND CHANCE HOOPS is here to help you reach your goals.

All training sessions are designed to help players master the fundamentals of shooting, passing, dribbling, rebounding, defense, one-on-one moves, footwork, balance, moving without the ball, screening, offensive and defensive concepts, post play (guards , forwards and centers), transition offense and defense, and more.

Every player will learn a motion offense that will require them to read and react, move without the ball, understand timing and spacing, use their one-on-one moves to penetrate to the basket, and be able to make great passes. During our Saturday games, this is the offense every team will run vs. man-to-man defense. The motion offense will teach every player a wide variety of offensive concepts that can be applied to any other offensive scheme they may need to learn.

Defensively, every player will be forced to play straight-up man-to-man defense. Players MUST learn how to play on-ball defense, play weak side defense, be able to communicate with teammates, and give maximum effort in transition. Just as with the motion offense, having great man-to-man fundamentals will give each player the tools they need to play any kind of defense.

Included in your monthly tuition will be a FREE Los Cab Monthly Membership. As long as you are a member of SECOND CHANCE HOOPS, you are free to enjoy all that Los Cab has to offer, from their state-of-the-art fitness center and various training classes, to their Olympic size swimming pool and dual court gymnasium.

Not only will you receive high level basketball training, each S.C.H. member will have access to the Los Cab facilities and classes to improve their cardio, strength, and flexibility. Contact Coach Beez today for more info.