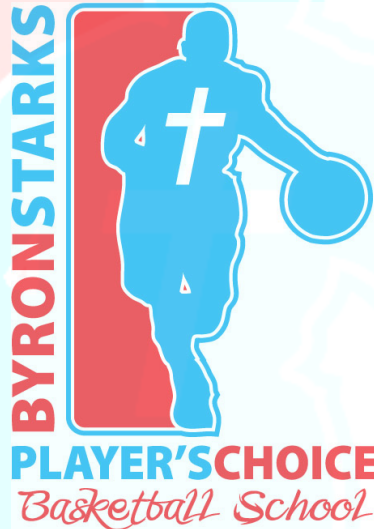




Presents

FOCUS

Work



TRAINING TO BE THE BEST

www.championsforlife.com

337-408-3734

Separate Yourself with Purposeful Training

Are you aspiring to be one of the best players on your team, or at least one of the players the coach can count on?

Player's Choice Individual Training can help with these needs.

Learn To:

- Play present
- Make sound decisions
- Play in open space
- Use change of speed
- Improve Shooting Percentages

Example of Shooting Sessions

Training Segment 1

Shooting with **Confidence**

"I don't really like going more than a day without shooting, I feel like I always have to be in the gym. In a typical workout, I am going to make 300-400 shots" – J.J. Reddick, NBA Player

Before you shoot, you must believe you can make the shot., Confidence is developed through constant repetition with drills that challenge you to become a confident shooter. That's why I believe the Player's Choice Training segments can help anyone, at any level.

Visual Shooting- 2-minute video(Optional)

Warmup

Ball Handling/Dribbling

- Weak hand
- In/Out
- Skip Dribble (Forwards/Backwards)
- Leap Frog
- 2 forward- 2 Back

Shooting Concepts

Knowing who you are as a player, knowing your shots, your comfort zone is the key to your shooting success.

Here is the teaching method I use:

BEEF (Balance, Eye on Target, Elbows In, Follow Through)

Form Shooting

Make 10 shots from 3 spots around the rim

Objective: Improve technique/ muscle memory with rim touches

Complete **30 makes**, plus make **5 Free Throws = 35 makes**

Example of Challenge Drills

- 5 spot shooting

1 min. Each spot (Must make at least 10 shots)

Objective: Down and ready – Catch/Shoot, plus escape dribble left/right.

Challenge: Can you make 10 shots and how many shots does it take to make 10 shots

Complete **50 makes**, plus make **5 Free Throws = 55 makes**

- Bradley Beal Drill

Objective: Make three in a row from 5 spots, then make one at each spot. The goal is to complete the drill in as less time as possible.

Challenge: Complete under 2 min.

Complete **25 makes**, plus make **5 Free Throws = 30 makes**

- 3-2-1 shooting (3 spots)

Objective: Make 30 shots in 1:45 seconds

Complete **90 makes**, plus make **5 Free Throws = 95 makes**

Challenge: Make it back to your original starting position by 1:45 seconds

- 2 Ball shooting (2 spots ;3 partners working together, make 10 per minute)

Objective: Complete **20 makes**, plus make **5 Free Throws = 35 makes**

Challenge: Make 10 under a minute; Quick release(Down/Ready)

- Perfect 30 shooting or Beat the Pro

Objective: Concentrated Shooting

Challenge: No misses in 30 seconds. You will have 3 tries to complete one perfect 30, or the first to 10 points in Beat the Pro)

At the end of each segment, it is always important to cool down, and refuel your body

END OF SEGMENT 1

Shooting Chart Segment 1



Date: _____

Goal: 250 shots made

NAME	Form Shooting	5 spot shooting	Bradley Beal Drill	3-2-1 Shooting	2 ball shooting	TOTAL

10% - 19% Brick House 56% - 60% Sharp Shooter

20% - 30% Leave 'Em Open 61%- 70% Hot Hand

31% - 39% Let 'Em Shoot 71% - 80% Man on Fire

40% - 49% Heating Up 81% - 90% Unstoppable

50% - 55% In a Zone 91% - 100% Unbelievable

FEE SCHEDULE

An introductory fee of **\$30** will be assessed for the initial training session. If participant is satisfied and wishes to train further, a fee schedule is available below:

Check One:

☐ **5 Sessions \$185**

☐ **10 Sessions \$370**

☐ **T-Shirt \$10.00 x _____ = _____** ☐YL ☐S ☐M ☐L ☐XL

☐ **Book \$10.00**

MAKE CHECKS PAYABLE TO: BYRON STARKS

For office use only

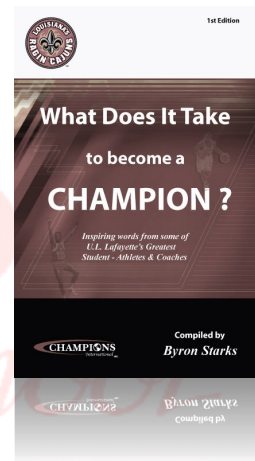
Date Rec'd	Fee	Ck#	Cash
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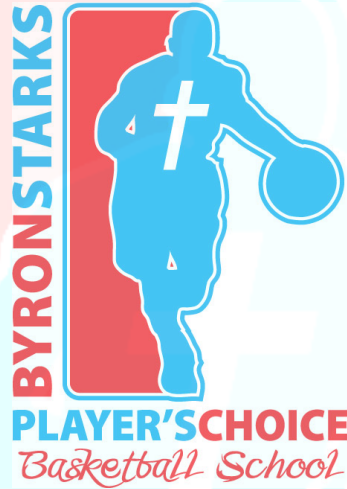
- ☐ Ball Handling
- ☐ Dribbling
- ☐ Passing
- ☐ Shooting
- ☐ Core Strength Training
- ☐ Video Session

*Not all features will be covered every time in one session, due to time constraints, and conditioning levels.



\$10 each
T-shirt/Book





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PARTICIPANT'S NAME _____ **AGE** _____ **Class** _____

Address _____
city state zip code

I, the undersigned, authorize and submit that I , _____, am physically fit to participate in strenuous athletic activity and waive the PLAYER'S CHOICE BASKETBALL SCHOOL, its staff, affiliated entities, their officers, agents and employees from and against any injury, recurrence of any undisclosed pre-existing injury, or illness prior to the first day of the training session, and all liabilities or causes of action arising out of, or in connection with, my child's participation in this training school.

Signature _____ **Cell Phone:** _____ **Home Phone:** _____

Hear The Talk!

It's been a long time, if it's ever happened, ever, since a high school team generated as much discussion as the 2015-16 Lafayette Christian Academy Knights' boys basketball squad.

Going into the program's fifth season of competing in the LHSAA, coach Byron Starks' team appeared ready for a season to remember — and the Knights didn't disappoint.

LCA basketball was a lightning-rod program throughout the state and even the country, as evidenced by a bounce-pass, alley oop dunk being the No. 1 Play of the Day nationally on ESPN's Sports Center earlier this year.

In many ways, the LCA Knights were the Golden State Warriors, Phi Slamma Jama and Magic Johnson's Los Angeles Lakers rolled into one. Much like the 1983 Houston Cougars team that brought the feel of a slam dunk contest to each game, the Knights have multiple performers who could dunk with highlight-film flash.

And if you've never attended a home game at LCA, you've missed quite a show. Much like the Showtime Lakers of the early 1980s, LCA basketball brings an element of Hollywood to the local high school basketball scene that's never been seen in these parts.

And where there was smoke, there was fire. The seniors on this year's squad didn't lose a single home game in the past three seasons. That foundation led to three outright district championships and three straight Top 28 appearances.

Starks' high-flying, power-dunking approach led to the Knights being one of the highest-scoring high school teams anywhere at 82 points a game. It also led to a pair of wins over powerhouse Madison Prep. In all, the Class 1A school beat five teams participating in this year's Top 28 Tournament, going 31-4 on the season.

PLAYER'S CHOICE
Basketball School

NOTES: _____



PLAYER'S CHOICE
Basketball School