



Noah Focused Offensive Training Sessions Drive On-Court Player Performance



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Help your player stand out from the crowd by sending him or her to our intensive offensive skills sessions with Kevin Richards-Grosse Pointe South Girls Varsity Coach and Noah trainer.

Each session will focus exclusively on critical offensive skills including:

- Creating separation for shots/assists-How to finish around the rim
- Beating your opponent in a one-on-one matchup
- NOAH-Develop enhanced shooting arcs for improved shot percentages
- Offensive Rebounding
- Stationary and game situations-Catch and shoot-shots off the dribble
- Core training with a basketball

Session Development:

These intense sessions are for the serious player who wants to elevate their game. This is a multi-week program for one hour that focuses purely on offensive skills. Multiple skills will be covered in each session.

Young AAU players consistently fail to create enough separation to be effective offensively. By focusing on separation as it relates to the critical skills outlined above our program creates better players and more effective team performance.

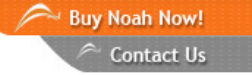
Man to man defense has become the defense of choice for high performing AAU teams. This fact has placed a premium on players who can beat their opponents in one-on-one matchups. Our program is designed to teach players the specific techniques that the best players employ and when to use them.

NOAH-Shooting arch is the number one factor in shooting percentage differences between players shooting from the same spot. Players with greater arch consistently get off more shots and realize a higher percentage of makes and produce more consistent rebounds on the shots they miss. Players will work on learning the keys to developing and repeating consistent high performance arch.

Offensive rebounding is the area where players can make the greatest improvements. The majority of shots are missed creating the opportunities for players who understand floor position and rebounding angles. Offensive rebounds create scoring opportunities in high percentage shot locations at times when the defense is out of position. We will train players how to react. Rebounding is a learned skill and an effort skill it doesn't come natural.



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Midwest has developed our offensive program and teaching techniques based on significant experience with promising amateur players. Sign up your player today.

Registration Information:

- Facility:** Basketball City
Who: AAU Quality Players/Current & Former Hoopers Players-Boys/Girls
Time: Saturday's: 10:30am to Noon
Cost: \$149 per player-per session(**Hoopers-Current or Former Cost \$99**)
Session II: February 20, 27, March 6, 13 & 20th (10:30am to Noon)

Name: _____ Parent: _____
Phone #: _____ Cell Phone _____ Age: _____ B ___ G ___
Email: _____ School _____
Address: _____ City: _____ ST: _____ Zip: _____
Experience _____ Session _____

Please send this form along with your payment to: Midwest Athletics
16400 Eastland Dr.
Roseville, MI. 48066

For more information contact Steve Benard at 313-580-0351 or steve@bcdetroit.com

mwabasketball.com