



**Fall #2 Session consists of 5 classes held once per week starting the week of October 12th through November 9th, 2008.**

MBA educates every player that comes through the doors, beginners to advanced. All Training Clinics push the intensity level for each age group by structuring the clinic around individual skill development. We take pride in the fact that 80% of the clinic activity is drill work and that all concepts will be taught step by step and in great detail so that all players can understand. The MBA creed is repetition = results; the more you practice, the better you become. Come learn from an MBA Staff that has produced 13 Indiana All-Stars, 1 USA Olympic Team Member, and many College Basketball Players.

**Skills & Drills Fundamental Training**

T-Shirts included

- Stationary ball handling & 1-on-1 ball handling simulating full court and half court pressure
- Learning how to create space and score effectively
- Proper shooting mechanics (feet, hands and proper body alignment)
- Shot fake/triple threat position to create space
- On the move shooting / spot and off the screen
- Off the dribble shooting (1-2 step, pull up, 2 ft jump stop) *Advanced classes only*
- Live play incorporating fundamentals to games  
1 on 1    2 on 2    3 on 3

**Pre Season High Intensity Training**

This training clinic will be for all players who are looking to find a pre-season work-out that will get you ready to play. This will be a high intensity class, not a beginner class. Our staff will continue to add to your skill package through various advanced drills. Half of the training will be development and fundamental skill work. Half of training will be to implement in live 5 on 5 play concepts that have been taught to each of the players in their drill work.

*"My son asks me every day if it is the day for him to go to Basketball at MBA. He has really enjoyed the K-1 class, the training by far is the best I've ever seen".*

*"My son has played basketball for the last 2 years but by playing so much he never developed a solid fundamental base. MBA's training clinics have made me realize that without good fundamental skills, the best offense and defensive sets will not work."*

\* All Players will be separated by grade or ability to ensure that they get the most out of the training session.

Age Group	Clinic	Day	Time	Start Date	End Date	Cost
6th - 8th	High Intensity Training	Sunday	7:15 - 8:15 PM	10/12/08	11/09/08	\$90
3rd - 5th	High Intensity Training	Sunday	6:10 - 7:10 PM	10/12/08	11/09/08	\$90
9th - 12th	High Intensity Training	Sunday	5:00 - 6:00 PM	10/12/08	11/09/08	\$90
K - 1st	Skills & Drills Training	Monday	5:00 - 6:00 PM	10/13/08	11/10/08	\$90
Preschool	Skills & Drills Training	Friday	9:30 - 10:15 AM	10/17/08	11/14/08	\$75
2nd - 3rd	Skills & Drills Training	Thursday	5:30 - 6:30 PM	10/16/08	11/13/08	\$90
4th - 6th	Skills & Drills Training	Thursday	6:30 - 7:30 PM	10/16/08	11/13/08	\$90

## Fall #2 REGISTRATION FORM

Midwest Basketball Academy @ ICE® Athletic Center, 1526 Deer Run Drive, Mishawaka, IN 46545

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Email: \_\_\_\_\_

Please mark the clinics and session you are registering for:

TRAINING CLASSES			
	High Intensity Training	Sunday	5:00 – 6:00 PM
	High Intensity Training	Sunday	6:10 – 7:10 PM
	High Intensity Training	Sunday	7:15 - 8:15 PM
	Skills & Drills Training	Monday	5:00 – 6:00 PM
	Skills & Drills Training	Thursday	5:30 – 6:30 PM
	Skills & Drills Training	Thursday	6:30 – 7:30 PM
	Skills & Drills Training	Friday	9:30 – 10:15 AM

\* All payments made to ICE® Athletic Center

***"Rod's training has had a huge impact on my basketball career. Not only did His instruction and motivation provide me an opportunity to play Division One basketball, but it also has been a blueprint for me professionally. I now use everyone of his drills to successfully instruct kids in the Indianapolis area. If you are looking to take your game to the next level then training with Rod is a MUST"***

***-Andrew d. White  
Director of Operations Indiana Basketball Academy***

***"I would like to express my appreciation for the outstanding instruction Denton has received from both you, and your knowledgeable staff. Denton's continued improvement and desire to play basketball is a testament to MBA.. Keep up the great work!"***