

WELCOME TO THE FALL ACADEMY TRAINING PROGRAM



HOW IT WORKS:

All players **MUST** be evaluated before gaining an invitation for this program. Placement day is our official tryout; however if a player missed Placement Day they can still set up a private evaluation by emailing info@m14hoops.com. Not all players are accepted, if you are not accepted we will inform parents what we do have to offer to help their player's development. We may have to take a step back and get them ready so the class is beneficial for them. We do not want to overwhelm players or under-challenge them. Correct player placement is a key to each of our players' development!

STRUCTURE:

After the evaluation we will place your player in one of 3 classes, gray, blue or green (gray = advanced players, blue = middle talent level, green = beginners to M14 or elite skill training). Within each grade level we divide them into smaller groups to make sure players are training with an appropriate talent level. Parents do not have a 'say-so' on where their player is placed.

Fall A.T.P. is a 12-week program starting in August and ending in October. Players will train twice a week and we offer make-up sessions in case any session is missed. We have found through years of experience that this structure allows players to participate in A.T.P. while also participating in fall sports or other fall school activities.

Fall A.T.P. is a 'train-only' option; we do not play any games against outside competition. We will play 1on1 and 3on3 to continue to show players how to translate the moves in game situations.

STAFFING:

Our class sizes depend on the evaluation of all players. We make sure we have enough M14 certified trainers to stay within our 10:1 player to coach ration. The staff members running classes are put through rigorous training programs to make sure they qualify to be in front of our players. They must have passion, energy, and be well versed in our systematic approach to teaching skill. The M14 Way is what all our trainers must learn before they can interact with our players. This consistency in teaching is another key factor in our players' results!

CURRICULUM:

During the fall,, the first 4 weeks we will devote to ball handling (EX: attack moves, footwork, finishing moves), the next 4 weeks we will work on shooting (EX: technique, footwork, creating space, using screens). The last 4 weeks we will dedicate to translating the moves against live defenders to help players get ready for our June Summer League or high school camps.

Our philosophy is to introduce a move to a player, show them 'how' to do the move and

M14Hoops • 2414 Church Rd • Aurora, IL 60502

www.M14Hoops.com

'why' they are doing the move. After that we want that player to get as many repetitions doing that move at the correct pace.

Each week we build on our moves and concepts so attendance is expected. Players in this program do need to purchase our Player Package which is our practice jersey and ball handling videos. Our ball handling videos are what we expect players to interact with when they are not at training sessions with us.

IT WORKS!

After 12 weeks of training expect to see RESULTS! 97% of all players who train in our Academy make the grade level team. That percentage increases as the length of time increases that a player has trained with us. The Academy Program stresses skill but also life lessons that will help your player on and off the court. We believe in discipline, structure and creating a positive environment that appropriately challenges players. It works!

PLAYER PACKAGE

The Player Package includes the following:

1. The M14 Practice Jersey
2. 1 Level of Explosive Handles (based on grade level)
3. Explosive Handles: Weak Hand Wednesdays Video

NEW PLAYERS - NO EXCEPTIONS:

All players new to the academy will have to purchase each of the items that make up the Player Package.

RETURNING PLAYERS: NO EXCEPTIONS

As M14 Players get older they will need to get the corresponding Explosive Handles level for their grade. New jerseys in bigger sizes can be purchased as well.

PLAYER PACKAGE FEE BREAKDOWN

OPTIONS 1 + 2 + 3 = \$70

1 + 2 = \$50

1 + 3 = \$40



2 + 3 = \$50

1 = \$20

2 = \$30

3 = \$20

PLAYER PACKAGE ITEMS:

<p>1</p>	<p><u>M14 Practice Jersey</u> This purchase is made if its is your first time in our Academy or your player needs a bigger size.</p>	
<p>2</p>	<p><u>Explosive Handles: Basketball Training Videos</u> This purchase of 1 level is made when your player changes grade levels. Each year, your player will need the appropriate level/edition. This is how players do their assigned homework. Our players understand they must work hard when they are not training with us!</p> <ul style="list-style-type: none">• Dynamic Edition: High School Men & Women	
<p>3</p>	<p><u>Explosive Handles: Weak Hand Wednesdays:</u> <i>All Grade Levels</i> This purchase is made one time and one time only. We do not want your player to have any weaknesses in their ball handling and this edition will assist them along their journey in basketball, no matter what grade level.</p>	