

ROBINSON BASKETBALL

PRIVATE TRAINING

Robinson Basketball is an industry leader in player development basketball programs, offering high-quality training and instruction from expert staff with years of coaching and playing experience. Athletes from throughout Upstate New York come to us for our in-depth private training programs that consistently produce significant results in game performance.

Robinson Basketball private training sessions are designed to improve individual game skills and increase basketball I.Q. to prepare youth athletes of all skill levels to perform at a high level against competition. Our approach to training centers around a progression of advance techniques in drills and conditioning to improve athleticism and in-game skills and knowledge in a variety of situations.

Training locations at Henrietta NY. Full payment of session fee is due prior to session unless contracted with a payment plan.

Individual Rate (1-5 participants)

- \$35 per hour
- \$30 per hour per athlete (2-5 athletes)

Team Rate (6 to 15 players)

- \$175/hour
- Ideal for preseason training

Group Rate (10 or more participants)

- Ideal for basketball camp/clinic
- Includes t-shirts
- Max of 2-hour program per day
- \$250 rate for 1 day session
- \$850 rate for 4-week session
- \$1000 rate for 6-week session

TRAINING PROGRAMS

Basketball Fundamentals

Basic individual offensive and defensive skills with a focus on proper technique to increase in-game knowledge and skills. This course covers:

- Passing
- Dribbling
- Shooting
- Defense
- Conditioning

Offensive Skills

Individual offensive skills workouts to increase offensive efficiency, exploiting the defense and setting up teammates for scoring opportunities. This course covers:

- Effective utilization of the triple threat position
- Attacking off the dribble
- Creating Space
- Ball-handling under pressure
- Setting up the defense (Anticipation)
- Low/High Post Moves
- Court Awareness
- Reading the Defense
- Passing Techniques
- Shooting Efficiency
- Shot Selection
- Finishing with Contact
- Footwork

Ball Handling

Emphasis on ball control and keeping defenders off balance utilizing a variety of dribbling tactics. This course covers:

- Dribble under pressure
- Changing speed and direction
- Attacking at angles
- Creating separation/space with advance dribbling moves
- Freezing the defense
- Ball protection
- Ball control
- Footwork
- Court Awareness
- Improve use of non-dominant hand

Shooting Techniques

Emphasis on scoring in a variety of game situations, while increasing offensive efficiency. This course covers:

- Finishing Under Pressure
- Shooting off the Dribble
- Catch and Shoot
- Utilizing Footwork to get off Shots
- Shot Selection (good shots)
- Shot Variety (floater, hook, Euro-Step etc)
- Increase Shooting Range
- Increased Shooting Accuracy and Efficiency

Defensive Intensity

Aggressive individual and team defense to influence turnovers and limit scoring. This course covers:

- Defensive Pressure
- Proper Defensive Stance
- Court Awareness
- Reading the Offensive
- Exploit Offensive Deficiencies
- Moving Feet (dictating the offense)
- Proper Rebounding
- Conditioning
- Increase Lateral Quickness
- Positioning and anticipation for increased deflections and steals.
- Communication (talk and listen to teammates)

Instruction & Competition

Designed for teams or groups of 10 or more participants with a workout time of 2 or more hours. In-depth instruction in the following areas:

- Fundamentals (no prior experience necessary)
- Shot Selection
- Ball Movement (passing within the offense)
- Dribbling under Pressure
- Moving without the Ball
- Setting Effective Screens/Picks
- Offensive Sets (motion, zone offense, press-break etc)
- Defensive Sets (man, zone, traps, press etc)
- Competitive organized team play (5 vs 5 full court).