



9 OUT OF 10 TIMES

**BETTER SKILLED
TEAMS WIN
MORE GAMES.**

WORK OUT YOUR TEAM WITH GRIT.

GRIT
basketball
GAME READY INTENSE TRAINING

PREPARE YOUR TEAM FOR NEXT SEASON WITH GRIT BASKETBALL'S COMPREHENSIVE TEAM CLINICS AND TRAINING SESSIONS.

Let us bring our GRIT Basketball training and methodology to your players this spring, summer, or fall. We offer one-day clinics and weekly training sessions for school, travel, rec, and AAU teams. We provide clinics and training sessions in several areas of focus including shooting mechanics, skill development, scoring and footwork, and defensive skills.

At GRIT, our focus and expertise is player skill development.

The goal of our training is to help your players become more confident in shooting and scoring, handling the ball, finishing under pressure, and defending high-level players. We will challenge them to learn advanced skills, help them fine-tune their shot mechanics, boost their offensive and defensive effectiveness, and improve their confidence.

From my first training session with GRIT basketball, my whole game changed. Not only did I learn to shoot more accurately, get by defenders and finish a variety of ways, but my mental game changed as well!

~Nicole Johnson

Let's design a program that fits your team's needs. Together.

We'll work with your coaching staff to design the most effective training sessions and clinics for your team. Together we'll identify your players' and team's specific needs and focus on those areas in our training. Our goal is the same as yours... players that are vastly improved, more confident and mentally stronger, and ready to compete.

TEAM CLINICS

Our team clinics are focused sessions where we train your players on topic-specific skill development. Below are our most popular clinics. We can also work with you to design a clinic that meets the needs of your team and individual players.

Length of session: 1.5 hours

Minimum # players: 10

Cost: \$30/player

The GRIT training surpasses excellence. We knew right off the bat from the clinic that our daughter attended that the GRIT coaches knew the game of basketball and could really teach the fundamentals.

~Leo Yanogacio

GRIT Team Clinic Topics

GRIT Shooting System - Fundamentals

One -day clinic

Proper shot mechanics are critical as players work to take their game to the next level. While this clinic is called "fundamental" we teach and demonstrate the proper shooting mechanics of mid-range, 3-pointers, and deep shots.

Your players will learn and practice the techniques used by some of the best shooters: one-motion shooting, the dip, turn, and hop, finger placement, proper arc, and release. Our goal is for your players to be able to tweak their own shot once the clinic is over.

GRIT Shooting System - Advanced

One-day clinic

Prerequisite: GRIT Shooting System - Fundamentals

In this clinic, we review the proper shooting mechanics of shooting mid-range, 3-pointers, and deep 3s: one-motion shooting, the dip, turn, and hop, finger placement, proper arc, and release. The remainder of the clinic is dedicated to more advanced skills: shooting off the move, against defenders, and in game situations. We also discuss shot selection, having a high basketball IQ and what it means to have an attack mentality.

GRIT SHOOTCAMP

Shooting, Scoring & Footwork Clinic

One- or two-day clinic

In our popular Shootcamp clinic, we review and practice the shooting mechanics and footwork used by high-level players. Repetition is important so your players will have a lot of opportunity to work on their technique with shooting drills that work on form shooting, off the dribble, step-back and side-step 3s, catch and shoot.

Your players will also learn and work on proper footwork, attacking the basket, and finishing at the rim using various layup techniques, floaters, Euro-steps, pro hop and more. This clinic is eye-opening for a lot of players as they discover tweaks to their shot and advanced footwork techniques that will make them a more effective offensive player.

One-on-One Situations Clinic

One- or two-day clinic (preferably 2-day)

The best players were also the best 1-on-1 players. For a player to beat a competitive opponent requires a high level of skill and basketball IQ which ultimately helps your team win more games. To play 1-on-1 effectively, a player must develop their ball handling skills, be able to attack the basket without hesitation, use proper footwork, make combination moves on the perimeter, use effective shot fakes and finish in the paint. In this clinic, your players will learn to:

- Use combinations of dribble moves to beat a defender
- Use shot fakes, circle rips, and catch & go's

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- Play through contact. Players improve when they struggle.
- Improve their basketball IQ.
- Learn to read the defense and make decisions based on that read.
- Honestly evaluate their game and see where their weaknesses are.
- Improve their defense. No teammates to bail them out. No help defense.

The individual skill drills in this clinic will help your athletes become better within your offense, on defense and when they attack the rim!

Offensive and Defensive Concepts Clinic

One- or two-day clinic (preferably 2-day)

In this comprehensive clinic, we'll help your team get game ready no matter which offenses and defenses you incorporate into your game. Some of the offensive concepts and strategies we cover include:

Offensive concepts

- Spacing – offense, transition
- Moving without the ball – screening, cutting, relocation
- Playing out of game situations
- Pick and roll
- Screens/squeeze situations – setting, using, and reading

Defensive concepts

- Guarding the ball
- Help defense
 - Positioning
 - Maintaining positioning
 - Dribble penetration
- Defensive rotations and switching
- Guarding screens/squeeze situations

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GRIT TEAM TRAINING

GRIT team training sessions are fast-paced, intense, fun 1.5 hour workouts designed to cover a lot in a short period of time. We offer individual training sessions as well as weekly training. In advance, we'll discuss the needs of your players and your team. The overall structure of a typical GRIT Training session includes most of the following:

- Warm-up and injury prevention
- Ball handling drills
- Footwork and finishing at the rim
- Form shooting and advanced shooting drills
- Mid-range shooting and footwork (floaters, pro hops, Euro-steps)
- 3 point shooting and footwork
- Mental game and the Attack Mentality
- Offensive and/or defensive concepts
- Live play/Game situations

Team Training – Single Session

Our individual team training sessions give you a chance to try us out and learn our training style while your players get a great workout! As always, we'll work with you prior to the session to understand your team's unique needs and include skills and drills that address those needs.

Length of session: 1.5 hours

Minimum # players: 10

Cost: \$30/player

Team Training – Weekly Sessions

To really benefit from the GRIT Training System, we suggest you schedule training once or twice a week for at least 4 weeks. That way we can create a customized plan for your team based on discussions with your coaches. The end result will be players that are vastly improved in all areas, more confident and mentally stronger, and ready to compete!

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1 session per week (4 total sessions)

Length of each session: 1.5 hours

Minimum # players: 10

Cost per player: \$120 (\$30/player per session)

2 sessions per week (8 total sessions)

Length of session: 1.5 hours

Minimum # players: 10

Cost per player: \$240 (\$30/player per session)

For over 4 years, Coach Kerry and Coach Wade have challenged my son Tucker to be the best basketball player that he can be. Tucker went from the kid who passed up open shots to Central NJ's player of the year, receiving a full D1 scholarship to Colgate University, and playing in the NCAA tournament. I highly recommend the GRIT program. Not only have they created a positive, intense workout environment, they've made it fun as well. ~Will Richardson

CONTACT US



We are excited to have the opportunity to work with you and your players to bring the GRIT Training System to your program! To get in touch, contact:

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