

THE WORKS

SPORTS ACADEMY OF ORANGE COUNTY

ACADEMY



The off-season is the time to build individual skills. The Works academies are designed and developed to enhance your basketball skill set at an accelerated rate. Our workouts are unlike any you have ever seen before. From developing your core and flexibility, to conditioning and skill development The Works is here to help you compete at the highest level.

ALL WORKOUTS ARE COMPRISED OF THE FIVE CATEGORIES BELOW AND ARE PROGRESSIVE FROM SESSION TO SESSION

WARMUP	S.A.Q. ATTACK	FOOTWORK	CONDITIONING	COOL DOWN
FOAM ROLL STATIC STRETCH STABILIZATION CORE & BALANCE DYNAMIC WARMUP INJURY PREVENTION	SPEED QUICKNESS EXPLOSION FOOTWORK AGILITY STRENGTH	CATCH & SHOOT HALF COURT ATTACK CATCH ATTACK DRIBBLE ATTACK TRANSITION ATTACK FINISHING MOVES	WITH OUT BALL WITH BALL COMBINATION COMPETITIVE DRILLS CONTROLLED SCRIMMAGE	FOAM ROLL STATIC STRETCH CORE STABILIZATION PARTNER STRETCH BAND STRETCH
Warming up properly is the #1 thing you can do to prevent injury. We go to great lengths to make sure your body is properly stretched and stabilized before we begin training.	We will teach you the proper techniques of movement, change of direction, acceleration, deceleration, and jump/landing techniques.	The quality of your: catching, passing, shooting and ball handling is directly related to the quality of your footwork. Our workouts are literally "built from the ground up."	Once a habit has been formed it must be applied when tired and at game speeds. Our workouts conclude with an opportunity to perform learned skills in a competitive setting.	Cool down is period vital to the regenerative process. When basketball is long done, you will still have your body to live with. A little time now will pay great dividends later in life.

FOR MORE INFORMATION CONTACT US AT:

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