

Spring Flight 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.



WARMUP	FOOTWORK	CONDITIONING	S.A.Q. ATTACK	COOL DOWN
<ul style="list-style-type: none"> • FOAM ROLL • STATIC STRETCH • STABILIZATION • CORE & BALANCE • DYNAMIC WARMUP • INJURY PREVENTION 	<ul style="list-style-type: none"> • CATCH & SHOOT • HALF COURT ATTACK • CATCH ATTACK • DRIBBLE ATTACK • TRANSITION ATTACK • FINISHING MOVES 	<ul style="list-style-type: none"> • WITHOUT BALL • WITH BALL • COMBINATION • COMPETITIVE DRILLS • CONTROLLED SCRIMMAGE 	<ul style="list-style-type: none"> • SPEED • AGILITY • QUICKNESS • EXPLOSION • FOOTWORK • STRENGTH 	<ul style="list-style-type: none"> • FOAM ROLL • STATIC STRETCH • CORE STABILIZATION • PARTNER STRETCH • BAND STRETCH
<p>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.</p>	<p>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."</p>	<p>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.</p>	<p>We will teach you the proper techniques of movement, change of direction, acceleration, deceleration and jump/landing techniques.</p>	<p>A cool down period is vital to the regenerative process. When basketball is long over, you will still have your body to live with. A little time now will pay great dividends later in life.</p>

All workouts utilize drills from these 5 categories and are progressive from session to session

LOCATION

Spring Flight Academy I	Spring Flight Academy II
Pitman High School	Turlock High School
2525 E. Christoffersen Pkwy, Turlock	1600 E. Canal Drive, Turlock

COST

- \$50 (Ages 7-11)
- \$75 (Ages 12-17)

Cost is per Academy. Pre-registration is required at www.theworkssports.com. Please pay online or bring payment (checks payable to The Works) to the first session.

DATES • TIME • AGES

Spring Flight Academy I	Spring Flight Academy II
May 15 and 16	June 5 and 6
<u>May 15</u> - Saturday	<u>June 5</u> - Saturday
9-11:30am (Ages 7-11)	9-11:30am (Ages 7-11)
Noon-3pm (Ages 12-17)	Noon-3pm (Ages 12-17)
<u>May 16</u> - Sunday	<u>June 6</u> - Sunday
9-11am (Ages 7-11)	9-11am (Ages 7-11)
11:30-2:30pm (Ages 12-17)	11:30-2:30pm (Ages 12-17)

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