



COACH K BASKETBALL TRAINING

- WITH KENYA SMITH

KINGDOM
SPORTS CENTER

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Meet Coach Kenya



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PROGRESSION

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1-Hour Training Session

- Ball Handling
- Shooting
- Layups
- Speed
- Agility
- Proper Footwork
- Defensive Positions
- Offensive Movement

*"I'd rather you shoot right and miss it, than
shoot wrong and make it."*

- Coach Kenya

Welcome to the Coach-K Basketball Training Program,

Session plans are built on the fundamentals of recognizing that an athlete's shot "begins from the ground up." Our focus is on the details as well as helping the student/athlete's build muscle memory.

Coach Kenya believes in building through words of encouragement and motto's. All workouts are drills for skills after the first session. Ball handling in the sessions include: speed, control and power dribbling. This may include cones, working on all moves; cross-over, spin moves, fake spin, fake cross-over, (interchange) between the legs, behind the back all to finish with a layup.

A typical session may begin with warm-ups, layups (and may have to correct form during), or dribbling for 15 minutes, then jump-shots (or mini-jump shots) from 15 feet while practicing coming off a screen making sure hands are ready for the ball. Shots would include a variety of moves prior, pump-fake then shoot, pump-fake one dribble then shoot...all while working on form. Footwork is included in sessions for moving without the ball.



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