

Salt Lakers Basketball Training

Shooting Class

This class uses the techniques of shooting. SLBA focuses on training the body to shoot straight constantly through the biomechanics teaching process. We teach the body to strengthen a repetitive movement under distress like in a game. The class will cover some of the following and more:

(The class always subject to change to fit the class needs.)

1. Band resistance shooting
2. Chair shooting
3. 4-step form process
4. Proper footwork
5. Moving without the ball
6. Shooting off screens (reads)
7. Shooting off pick and rolls
8. Drive and Kick
9. Transition shooting
10. Live defense shooting

Point Guard Class

This class uses the techniques of 12 qualities to great point guard play. The qualities we will focused on during this class. This class will have a lot of live defense when working on all skills, because when practicing ball handling moves and other skills, unfortunately cones do not reach, push and move like defenders.

To be a great PG:

1. Great Ball Handlers
2. Good Shooters off ball screens
3. Play With Composure under pressure
4. Great Finishers using different techniques
5. Communicate Effectively
6. High Basketball IQ
7. Mentally Tough
8. Decision Making
9. On ball defender
10. Strategic Passer
11. Physically Tough
12. Respected 3-Point Shooter

Post Up Class

This class uses the techniques of 10 qualities to be a great Post Player. These qualities will be focused on during this class. This class will have a lot of live defense when working on all skills. The ability to move your feet in proper post position, catch a ball in traffic and finish on contact must be done each class to be a great post player. Throughout the course players will learn the 8 post moves.

1. Position Makes all the Difference
2. Screens are Scoring Opportunities
3. Run the Floor
4. Anchor the Defense
5. Dominate the Boards
6. Use Your Body to Create Space
7. Have an Incredible Motor
8. Master the Jump Shot
9. Crafty with Your Post Moves
10. Scoring on the move i.e. pick and rolls & pops

Wing Players Class

This class uses the techniques of 10 qualities to be a great Wing Player. These qualities will be focused on during this class. This class will have a lot of live defense when working on all skills. Wings have to be multidimensional players. They need to be able to attack, shoot, post and handle the ball in an efficient manner within the team's offense.

1. Learn to be Efficient in scoring with few dribbles
2. Score Within the Offense
3. Find Easy Scoring Opportunities cutting
4. Give the Ball Up When need be
5. Score in 1 on 1 situation or make two defenders guard you and score with the assist
6. 1 on 1 footwork moves
7. Be a Complete Player score in all different ways cutting, attacking, shooting, posting and so forth
8. Know & Read Your Defender's Tendencies
9. Know When to Attack
10. Be a great shooter
11. Be able to finish
12. Be able to create space for a shot

Combo Player Class

This class is dedicated to learning how to execute, perform, and learn proper fundamentals and the ability to score within different common style of offenses in basketball. Players will learn breakdowns of 2 on 2, 3 on 3 and 4 on 4 of different offensive situations that most coaches teach. This will allow SLBA players to learn and have the ability to play in any style of offense and be successful. Below is a sample list of the breakdowns

1. Flat pick and roll
2. Wing pick and roll
3. Hand-offs
4. Back doors
5. Pin downs
6. Flex cuts
7. Screen the screener
8. Post 2-Man game
9. Dribble hand-off
10. Motion screening and moving