



Boys' Spring Small Group Training Sessions

- Small group sizes (max 15)
- Trainers: Novi HS and external professional trainers
- All 6 sessions for \$150
- Each session will focus on a particular skillset

Dates / Topics for 3rd – 6th grades:

Tuesday, April 9 — Ball Handling
Tuesday, April 16 — Shooting
Tuesday, April 23 — One-on-One play
Tuesday, April 30 — 2-on-2 and 3-on-3 play
Tuesday, May 7 — Post Play
Tuesday, May 14 — Scrimmages

7th and 8th grades: *Game Sense Basketball Training* — see next page

Location: Novi Middle School

Times:

- 3rd and 4th Grade: 6:00 to 7:00 PM
- 5th and 6th Grade: 7:00 to 8:00 PM
- 7th and 8th Grade: 6:30 to 7:30 PM

Please register in advance at:
www.novicatsbasketball.com

Registration and Pricing:

- Register for all 6 sessions for just \$150
- Maximum of 15 participants per session

Questions / Info: Contact Matt Thibaudeau (313) 570-4084

Check us out on facebook



Games Sense Basketball Training

What is Game Sense Basketball Training? It is a games approach to teaching basketball that enables the athlete to learn both technical skill and tactical skill at the same time. It combines skills training and mind training. This best stimulates the demands of actual competition. Athletes need to be exposed to developing their skills under pressure through game situations during training to actualize their true potential. This type of training empowers the athlete to develop a high level of basketball IQ combined with a game ready skill set. A games approach emphasizes first what to do and how to do it. Athletes practice the skills in conditions that relate directly to the game.

Why Games Sense Basketball Training? It places the athlete in an unpredictable environment where they are constantly engaging physically and cognitively. This is key and what separates this type of training from any other form of training out there is because it transfers directly to competitive play. Athletes develop their skills under pressure in game-like situations to become impact players during competitive play.

- It is MORE FUN than drills
- Transfers directly to the game
- Proper Mental Cues
- Train in Game Environment
- Random- because the game is messy and unpredictable
- Develop Basketball IQ
- Backed by Science — Extensive research by Joan Vickers
- Athletes are constantly challenged both physically and mentally

Goal Game Sense Basketball Training is to provide a FUN and ENGAGING way to develop long-term retention and transfer of skill development to a game setting.

Some of the benefits players will get out Game Sense Basketball Training

- Improved decision making
- Improved ball handling
- Improved 1 on 1 moves
- Improved confidence
- Improved shooting
- Become more aggressive when attacking to score
- Finishing with confidence at the rim
- Increases motivation
- Stimulation of creativity
- Development of an awareness of basketball rhythm
- Development and refinement of basketball skills both offensively and defensively in a game context