



Prepare. Persist. Perfect. Perform.

E.L.I.T.E. Ballhandling & S.H.A.R.P. Shooting Program

Explosive Level Intense Training Experience & Superior Hands And Repetition Performance



Being able to dribble and pass the basketball are two prerequisites to developing great basketball fundamentals. Designed for the serious player, the **ELITE Ballhandling Program** is an intense training experience that teaches players how to become explosive level ballhandlers. Players will go through structured drills per workout to improve ball speed & control, foot quickness, agility, and reaction time which allows players to effectively explode past their defender for an assist or scoring opportunity. All point guards and

shooting guards need to learn these vital perimeter skills to advance to the High School and College levels. Each player will leave this program with the ballhandling and footwork skills necessary to gain separation from their defender, becoming a more productive passer and scorer.

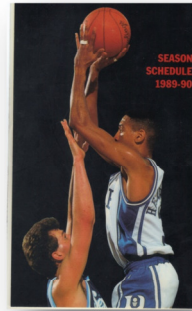


Shooting has become a lost art in the game of basketball – much of this has to do with the fact that players don't spend time focused solely on their shooting technique and more importantly, shooting shots at game spots at game speed. Superior Hands and Repetition Performance are the main ingredients associated with great shooting. The **SHARP Shooting Program** focus' on improving a shooters hand position, ball control and leg strength along with repetition - fatigue shooting to simulate real game shots. By allowing players to spend time dedicated solely to shooting the basketball correctly, players learn what game shots are – what game spots look like, and what game speed feels like.

PROGRAM DIRECTOR - PHIL HENDERSON



- 1986 McDonalds High School All American
- 1988, 1989, 1990 NCAA Final Four Team, Duke University
- 1990 Duke University Men's Basketball Team MVP
- 1990 Raleigh Sports Club "NC College Player of The Year"
- 1990 NBA 49th Draft Pick, Dallas Mavericks
- 1990-1995 - Pro Player, USA, Europe, Central America
- 1995-Present – Player Development Coach



GROUP	GRADES	DAYS & TIMES
Rookies	1 – 3	Friday, 6:00 – 7:30 pm
Juniors	4 – 6	Friday, 6:00 – 7:30 pm
Jr. Varsity	7 – 9	Friday, 6:00 – 7:30 pm
Varsity	10 - 12	Friday, 6:00 – 7:30 pm

Players will be grouped based on Age, Size and Ability Level

PROGRAM DATES: Jan 27 Feb 3, 10, 17, 24 Mar 2

COST: \$195 per Player **LOCATION:** JOY OF THE GAME
158 Waukegan Rd.
Deerfield, IL 60015

FOR REGISTRATION PLEASE CONTACT:
JOY OF THE GAME office @ 847-498-6646

FOR MORE INFORMATION PLEASE CONTACT:
Phil Henderson @ 708-244-9757 or
Phil@BluedevilBasketballTraining.com