



Attention: The 2010 Fall Shooting Academy is here!

Register today: [Click here to register](#) - For more info, Email us at info@Apshootingacademy.com

What is it?

- A Shooting Academy designed to help increase your shooting %, confidence, and technique.
- For grades 5th – 12th – Shooters will be organized by age and grade.

The Schedule

Days: Sundays (6:00 - 7:50pm) **Dates:** October 3, 10, 17, 24

- Session 1 – Evaluation, Video analysis, routine intro, routine and FORM mastery
- Session 2 – FORM/HYDI Routine, Game Speed Shooting (GSS)/Shot fake series/1v1, 2v2,/GSS/Screen Shooting Skill Set (SS)/ 3v3
- Session 3 – Skill Set review/live skill set games/intro new routine intro, New routine w/all SS's
- Session 4 – Routine test, video analysis, situation shooting mastery, and Re-Evaluation

What will be taught/learned?

- Increase your shooting % form & Accuracy
- New ability to critique your own shot
- Greater confidence
- Mental Toughness/Focus
- Strategic shooting workouts/routines to go

What's included?

1. Shooting evaluations, video analysis, goal setting, inspirational emails, weekly blog posts.
2. Six 75-minute shooting training sessions in small group environment. This is a structured shooting environment where each player will be taken through a high level shooting routine each session. This will assist each player in reaching his/her shooting goals.
3. Final shooting evaluation

Why do this program?

What you're doing is most likely not enough!

This program is what separates the average shooters from the good/great shooters. Attending your teams practice *is not enough* for you to become the shooter you want to be. Shooting with your neighborhood friends *isn't enough* to help you reach your shooting goals. Practicing half speed isn't going to prepare you for the types of shots you will see in the game. Bottom line is this; you need to shoot 75 shots before you even start your real shooting workout. The first 75 is just the warm-up. Here's what you need to do in order to get ahead in the shooting game. Shoot 75 shots before and after each practice. Then, during one of your days off each week, really work on grooving your shot by shooting 300 + shots at game speed, with game focus, and with a shooting coach who knows what they are doing. This is where the Shooting Academy comes in. How do I know this works? Well, every Sunday afternoon I went to my High School gym and shot hundreds of shots at game speed, with game focus, with the best shooting coach around. This was in addition to shooting before and after each practice. Did it work? Well, you be the judge. Becoming an excellent shooter helped me reach these **achievements**:

- 1996 Central Texas Player of the Year – McNeil HS
- Division 1 scholarship to Murray State Univ.
- Played in 3 NCAA tourneys
- Top 3pt shooter in conference '97-'98
- 1996 HS All American HM
- 1996 First Team All-State
- All-Region '94-'96
- All-District '94-'96

Act fast on this **one-of-a-kind program** offer because I am limiting this to only 40 shooters this session. That's only 40 spots for grade levels 5-12th so I recommend signing up quickly. The price (\$150) is a bargain and the reward will be more than worth it. Remember, the session **begins Sunday, October 3rd** which is only 3 days away. Don't spend another pre-season wishing you had invested in changing, tweaking, or just improving your **shooting form & shooting %**.

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