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Email: starsbbpride@yahoo.com

#### Individual & Group Instruction

Individual training and a small group format are the most effective way to better your game and improve your skills. Our instruction will include all aspects of the game including greater self-confidence in your skills & a focus on mental toughness, offensive skills involving perimeter shooting, strategy, shooting off the dribble, low post moves, advanced footwork and all aspects of ball handling. There will be a focus on conditioning incorporated in this workout that will give you tips to increase speed, strength and stamina. We can provide you with custom workouts sessions or work specifically on aspects you choose.

Individual Instruction is for all ages and levels

**beginners** who want help with the fundamentals,

**who have some experience** and are looking to get to the next level,

**experienced players** who want that extra “edge” over the competition, high school & college

#### Areas of Training Include

Greater self-confidence in your skills & a focus on mental toughness

Conditioning Shooting

Shooting w/ Range

Shooting off the Pick

Shooting off the Pass

Shooting Fundamentals

Shooting off the Dribble

Moves

Ball Handling

Moving w/out the Ball

Lay Ups & Opposite

Conditioning

Jumping Ability

Rebounding

Defense

Strength



Individual Training Sign up – Sheet

Personal Information

Name of Participant \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Phone \_\_\_\_\_ Contact \_\_\_\_\_

Email \_\_\_\_\_

Healthcare Provider \_\_\_\_\_

Member Policy # \_\_\_\_\_

Allergies/Medications \_\_\_\_\_

Please Indicate Level

Beginner \_\_\_\_\_

Recreational Team \_\_\_\_\_

Travel/ Metro \_\_\_\_\_

AAU \_\_\_\_\_

High School \_\_\_\_\_

Potential Scholarship \_\_\_\_\_

I hereby give permission for my child to participate in all activities of the Tomorrow's Stars Individual Workout Sessions

I, the undersigned, submit my son/daughter is physically fit to participate in strenuous athletic activity, and waive Tomorrow's Stars of any and all responsibility for injury or illness. I hereby authorize the directors of Tomorrow's stars to act for me accordingly to their best judgement in any emergency requiring medical attention. I also understand that I am solely responsible for the payment of any such medical expenses and must provide the clinic with proof of medical and accident insurance.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Tomorrow's Stars Individual Instruction

**Written by**

**Jim Edgehill & Lance Dottin**

**Jim & Lance played three years of high school basketball together for CRLS and those three years their team was ranked in the Top 25 in USA Today. Two of those years they were ranked in the top ten. They also played on an AAU National Championship Team together and coached two years together.**

**Jim Edgehill**

Former Assistant Coach at CRLS/Salem State

All American at Salem State College 1992 – 4 NCAA Appearances

Scored 1700 points at Salem State College-Ranked Number 2 Nationally in 1991

All time leading free throw percentage of 88.9% @ Salem State College

All time leading three point field goals made and percentage of 44.7% @ Salem State College

Three-Time All New England, Four Time All MASCAC, ECAC Rookie of the Year & Player of the Conference

Three-Time All Conference in Baseball & Elected to the Hall of Fame for Baseball & Basketball

Salem State Athlete of the Year 1992

Played for and Coached along side Jim Todd (former Head Coach, LA Clippers)

Played under Mike Jarvis @ CRLS

State Champion at CRLS 1986

Masters in Education, 1999

Cambridge Physical Education Teacher

**Lance Dottin**

2000 and 2003 Massachusetts Basketball Coaches Association Coach of the Year

2001 Boston Globe All-Scholastic Award Coach of the Year

8 years Varsity Head Coach Record 135-51

5 Greater Boston League Championships

Massachusetts State Tournament

3 North Sectional Championship Appearances

2 North Sectional Championships

2 EMASS Championship Appearances

1 EMASS Championship

1 State Championship

3 years J.V. Head Coach Record 54-1

Lance was the third player (behind Patrick Ewing & Rumeal Robinson) in history to score 1000 points as a player at CRLS – Played under Mike Jarvis

Division I Player of the Year 1987

Pre Season McDonalds All American Candidate

State Champion at CRLS 1986

University of Michigan starting corner 1988-1991 seasons

CRLS Physical Education Teacher



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Instruction sessions can be tailored to meet the needs of any Tomorrow's Stars workout participant. This is for male and female players who want to get better and have a desire to improve. The goal of the session will be to get as many shots of as possible, specializing in player development with emphasis on footwork and fundamentals. Each session will be one hour. Sessions may be longer per the request of the parent/players. Additional charges will be pro rated.

Our staff will be comprised of male and female coaches who have proven track records by getting the most out of their players.

### Programs Offered

<b>Individual</b>	\$ 55 per hour/per person
<b>Up to 3 participants</b>	\$ 45 per hour/ per session
<b>Up to 4-7 participants</b>	\$ 35 per hour/ per session
<b>Up to 8-10 participants</b>	\$ 25 per hour/per session

### Individual Instruction comes in groups of 8 or 10 workouts for \$440 or \$550

Available for beginners at age **10 through advanced level players** playing in high school and college.

Facility charges may be extra bases on where the workout may be held (there may have to be a coordinated effort between the parent and Tomorrow's Stars to find a facility) in certain locations.

### WHAT DOES TOMORROW'S STARS DO FOR YOU

It develops a "we work harder" mentality

It will build greater self-confidence in your skills

It will improve your skills

It allows you to work on your game

It will keep you well conditioned

It will turn your weakness into strength

The Tomorrow's Stars Handbook is made up of over 130 drills and skills for every player from point guard to the post. There will be more added to the Handout. Below is an Outline of what is covered in the workout sessions. The complete handout will be given out to players who sign up for the Workouts.

## **INDIVIDUAL WORKOUT SHOOTING**

**SHOOTING IS BASED ON MUSCLE MEMORY AND HOW DO YOU GET THERE.**

### **BALL HANDLING**

#### **INDIVIDUAL WORK- SERIES**

#### **BALL HANDLING SETS**

#### **FORM SHOOTING- L SERIES (Muscle Memory) SERIES**

#### **DRIBBLE SERIES**

#### **TWO BALL DRIBBLING- SERIES**

#### **HALF COURT & FULL COURT DRIBBLING SERIES**

#### **CONDITINING SERIES**

#### **SHOOTER SERIES**



#### **PRO 3 SHOOTING SERIES**

#### **INDIVIDUAL BREAKDOWN OFFENSIVE ONE DRIBBLE MOVES - SERIES**

#### **IN BETWEEN GAMES - SERIES**

#### **SPOT UP SHOOTING- SERIES**

#### **FINISH THE BREAK - SERIES**

#### **CHAIR SHOOTING- SERIES**

#### **CHALLENGE SHOOTING - SERIES**

#### **SHOOTING GAMES- SERIES**

#### **PROFESSIONAL SHOOTING CONDITIONING SERIES**

#### **COORDINATION DRILLS - SERIES**

#### **POWER DRILLS- SERIES**

**INDIVIDUAL POST OFFENSE- SERIES**

**LOW POST SERIES**

**SAMPLE BIG MAN WORKOUTS**

**SAMPLE PEREMITER WORKOUT**

**BASKETBALL STRENGH AND CONDITIONING PROGRAM**

**OFF SEASON- SERIES**

**PRE – SEASON- SERIES**

