



Youth Training Program

Training Program



Midwest Basketball Club Youth Training Program features qualified coaches teaching basic fundamentals of the game with advancement based on grade level. Qualified trainers, which consist of members of the host school high school staff or MBC coaches, work from a consistent curriculum with measurables to show improvement.

Details:

- 8 Week Course - Bi-weekly
- 2 Sessions Per Night (60 Min Each)
- Max 20 Kids Per Session (10 to 1 max coach to player ratio)
- Pre and Post testing
- Individual evaluation reports



Target Schools



Midwest Basketball Club will be limiting training opportunity to a total of 6 programs for the 2021 spring/summer to assure excellence and quality control. Youth programs will be added on a first come, first served basis. Target programs include the following:

CINCINNATI AREA SCHOOLS

- Sycamore (COMMITTED)
- Loveland (PENDING)
- Kings (COMMITTED)
- Indian Hill
- Madeira
- Wyoming
- Mariemont
- Lakota East
- Lakota West
- Mason
- Turpin
- Milford
- West Clermont
- Anderson
- Middletown
- Hamilton
- Fairfield
- Colerain
- Walnut Hills
- Princeton
- Lebanon
- Little Miami

DAYTON AREA SCHOOLS

- Oakwood
- Centerville
- Bellbrook
- Springboro
- Beavercreek
- Kettering
- Tipp City
- Miamisburg
- Troy
- Vandalia
- Franklin



Sample Training Agenda



MBC Training Session 2	
Quote of the Day: Fundamentals are the foundation for success!	
Time	Exercise
5 minutes	Greeting / Stretch / Warm - up
15 minutes	Ball Handling Series Warm - up <ul style="list-style-type: none"> o Stationary ball handling - 1 ball and 2 balls o Movement ball handling - Green line to green line <ul style="list-style-type: none"> o Speed dribble, Zig - zags, Retreat, etc.
1 minute	Water Break
4 minutes	Full Court Passing Drill <ul style="list-style-type: none"> o Right side o Left side
1 minute	Water Break
5 minutes	Form Shooting
6 minutes	Partner Shooting <ul style="list-style-type: none"> o 5 spots <ul style="list-style-type: none"> o Spin out - Catch and shoot o Spin out - Shot fake - One dribble pull - up o Spin out - 2 foot finish

MBC Training Session 2 Cont.	
5 minutes	Curl Screen Shooting <i>switch sides halfway</i> <ul style="list-style-type: none"> o Left slot - Pass o Right corner - Come off chair - Catch and shoot
4 minutes	Drive and Kick Shooting #1 <i>switch sides halfway</i> <ul style="list-style-type: none"> o Left wing - Attack middle o Right corner - Catch and shoot
6 minutes	Partner Shooting - 2 Man 1 Ball <ul style="list-style-type: none"> o Catch & Shoot - Mid-Range o One Dribble Pull-up Right o One Dribble Pull-up Left o Jab Left - Attack Right - Two Foot Finish o Jab Left - Attack Left - Floater o Catch & Shoot - 3 Pt (Age Dependent)
1 minute	Water Break
5 minutes	1 v 1 - King of the Court <i>play to 5 points</i> <ul style="list-style-type: none"> o 4 Dribble Max o 1 Shot per possession o Make it Take it
2 minutes	Closing Comments



Program Benefits



Midwest Basketball Youth Training benefits to High School program include the following:

- Build/Strengthen Relationship with Youth Feeder Program
- Opportunity to involve your high school coaches
- Additional offering / differentiator for your grassroots program
- Keeping kids involved in basketball during off-season
- Long term gain for future of program



Why Partner With MBC?



Midwest Basketball Training provides a full service off-season training solution for your youth basketball program while providing the head high school coach to stay in control of the opportunity. MBC will handle all the details including the following:

- COVID Protocols
 - Max 10 players per trainer
 - Temperature Checks at the Door
 - Social Distancing Measures
 - Trainers Wear Mask at all times
- Administrative details
 - Insurance
 - Waivers
 - Streamlined Parent Communication
- Operations
 - Providing of training equipment
 - Participant evaluations
 - Gym coordination and scheduling



Pricing



Payment Plan Option #1

Youth Feeder Program Sponsorship

\$5,000 sponsorship from youth feeder program.
Max 80 Participants

Payment Plan Option #2

Individual Registrations

\$99 per participant
Max 80 Participants
Min 40 Participants



About Midwest Basketball Club



Midwest Basketball Club (MBC) is a non-profit organization (501c3) established to develop youth through the game of basketball. MBC provides opportunities for players of all skill levels. From instructional to the Adidas 3SSB level, Midwest will concentrate on quality leadership and unparalleled organization.

