

WELCOME TO HAMMER BASKETBALL

Player Skills Development Program

Training Details, Gymnasium Locations, & Pricing



Hammer Basketball is committed to providing players the best opportunity for them to learn and grow their overall basketball game. Coach Clark focuses on giving players the confidence to succeed on the floor & learn from their game weaknesses and build on their strengths.

Hammer Basketball Contact Information:

Coach Matt Clark

(904) 377-6891

hammerbasketball@outlook.com

Indoor Gymnasium Locations:

Cathedral Gym (Downtown St. Augustine) - 259 St. George Street

SMG Gym (Near Bolles HS) - 6593 Powers Avenue

Ortega Methodist Gym (Near NAS) - 4807 Roosevelt Blvd

Outdoor Courts:

Coach Clark can travel to you (Court at House or Local Neighborhood/Park Courts)

Private Training

- 1-on-1 specific individualized training where I devote 100% of my attention to help elevate their game.
- Each workout has a customized workout plan that is specifically geared toward the player that builds on player strengths and identifies any player weaknesses and improves on them.
- Example of workout:
 - *Guard workout:* shot release & correct form, focus on shots on the move, off the dribble shots, coming off screens/balanced shots, coming off pick n roll action, ball handling, finishing at the basket, & transition shooting, & any player requests.
 - *Power forward/center workout* shot release & correct form, focus on inside the paint shooting, outside shooting (3 pointers if needed),

finishing around the basket, ball handling, shots off screens, pick n roll action and finish, & any player requests.

- Workout includes the Dr. Dish Shooting Machine.
- Workout lasts 1-hour 15 minutes with opportunity to shoot on the Dr. Dish Shooting Machine (Last 15 minutes on Shooting Machine)

Individual Training Price:

Cathedral Gym: \$65/per session - SMG Gym: \$70/per session

Home Court/Outdoor Training: \$60/per session

Group Training

- Players will learn the efficient way to elevate their game through competitive drills and skill work
- Group Training Workouts will include players with the same skill level in each group that best fits each player's game
- 2-Hour Group Workout includes:
 - 1 hour of competitive skills training and drills
 - 1 hour of live full court scrimmage
 - The live full court scrimmage gives players the opportunity to utilize the skills work that they did during the first hour. It also allows for any specific feedback to players during the scrimmage.
 - Workout includes up to 6-10 players.

Group Training Price:

Cathedral Gym: \$30/per session - 2 hours (1 hour of workout, 1 hour of live scrimmage)

*Minimum of 8 players (First come first serve basis) - Only open to 8th grade-HS players

*Spots fill fast each week, reserve your spot ASAP

*Workouts are typically on Wednesday nights & Saturday mornings at CPS

Semi-Private Training

- Players will learn the efficient way to elevate their game through competitive drills and skill work.
- Semi-private training provides players with a smaller group workout setting (up to 3-4 players).
- Small group training provides players with more individualized instruction and feedback.
- Includes the Dr. Dish Shooting Machine
- Open to Elementary, MS, & High School

- **Semi-Private Price:**

Cathedral Gym: \$35/per player

SMG Gym: \$35/per player

Friday Night Clinics

- Elementary-MS Clinic that focuses on the fundamentals of the game (ball handling, shooting, defense, 3 on 3 & 4 on 4 games)
- Friday Nights at CPS from 5:30-8:00PM
- \$35 per session (registration under "camps" on website)

At-Home Private Training (\$60 per workout - 1 hour)

- Workout includes training at the convenience of your home residence basketball court.
- Private training workouts gives players the opportunity to receive the 1-on-1 attention needed to maximize their individual skill set.
- Each workout has a customized workout plan that is specifically geared toward the player that builds on player strengths and identifies any player weaknesses and improves on them.

