

WELCOME TO HAMMER BASKETBALL

Player Skills Development Program

Training Details, Gymnasium Locations, & Pricing



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.
- Private Training gives players the opportunity to receive the 1-on-1 attention needed to maximize their workout.
- Workout includes the Dr. Dish Shooting Machine.
- Workout lasts 1-hour 15 minutes with opportunity to shoot on the Dr. Dish Shooting Machine.

Group Training

- Players will learn the efficient way to elevate their game through competitive drills and skill work
- Group Training Workouts will include players similar to the same skill level in each group that best fits each player's game
- 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.

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

At-Home Private Training

- 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.

Gymnasium Locations:

- **Cathedral Gymnasium** - St. Augustine (259 St. George Street)
 - Available for Individuals, Group & Semi-Private Training
- **SMG "The Lab" Gymnasium** - Jacksonville (6593 Powers Avenue)
 - Available for Individuals, Group & Semi-Private Training
- **Ortega Methodist Gymnasium** - (4807 Roosevelt Blvd)
 - Available for Group Training Only
- **Available for At-Home Private Workouts or Outdoor Basketball Court of your choice**

Contact Information:
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HAMMER BASKETBALL

Player Skills Development Program

Pricing



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

Pricing is based off monthly packages and players can choose from either once or twice/week training. Players can also choose unlimited training per week which includes private and group workouts.

Private Training

- 1-on-1 specific individualized training where I devote 100% of my attention to help elevate their game.
 - 4 Sessions - \$60/once week
 - 8 Sessions - \$55/twice week
 - Private Training Workouts are 1-hour
 - Also available for At-Home Private Workouts or Outdoor Basketball of your choice

Semi-Private Training

- Semi-private training provides players with a smaller group workout setting (up to 3-4 players).
 - \$30 (3 or more players)
 - \$35 (2 or less players)
 - Semi-Private Workouts are 1-hour
 - 1-hour/half training is available upon request

Group Training

- Group Training Workouts will include players similar to the same skill level in each group that best fits each player's game (6-8 players)
- Open to Middle School & High School
- Workout includes:
 - 1 hour of competitive skills training and drills

- 1 hour of live full court scrimmage

UNLIMITED Training (Recommended)

- Training includes UNLIMITED group training along with 1 or 2 private training workouts per week.
- Includes being a part of the Hammer Basketball Recruiting Services Program (providing players the opportunity and exposure to take their game to the college level) *See website for more details
- \$325/per month (3-month commitment)