



**Individual Improvement. Team Improvement.
High-Level Competition. Done The Right Way.**



Hoops 101 Academy Practices

- Sundays 1:30-4 pm
- Place: Dripping Springs YMCA
- Individual Skill Improvement
- Classroom sessions
- 1-on-1 & Shooting Breakdowns
- Video Breakdown
- Improved Decision-Making
- Beating Pressure
- Finishing in the Paint



Hoops Select Team Practices

- Tuesdays or Thursdays 6-8 pm
- Place: Austin High School
- Post / Guard Breakdown
- Man to Man Offense
- Zone Offense
- Team Defense
- Beating the Press
- Special Situations
- Full Court action



Hoops 101 Select Tournaments

- Friday- Saturdays, some Sundays
- Local Tournaments in Hays, Georgetown, San Marcos, San Antonio, Austin areas
- Tournaments every other week on average
- Family Friendly 1-Day Tournaments
- AAU, AAS, MAYB Tournaments
- Out of town tournaments as an option based on team
- 25-30 games over the spring and summer

How does Hoops 101 Select All Fit Together?