

THE 14 STEPS TO UNDERSTANDING THE M14 BASKETBALL ACADEMY



#1 WHAT IS THE ACADEMY?

We offer training programs year round and each program is open to ALL players. Our programs are seasonal. The structure of each program will correlate with the basketball season. The programs we offer include private instruction, small group, team instruction, camps, clinics and our most popular program A.T.P. (Academy Training Program) which is offered during the Fall, Winter and Spring seasons.

For our training program, each season our staff creates personalized goals for each specific player, without exceptions. The goals reflect many factors, such as grade level, height, and how long the player has been with M14 to name a few. Other details taken into consideration include the pace the player has progressed. We are extremely detailed when it comes to teaching basketball. We do not move too quickly with players, or too slow. We make sure what we teach is seen when they play in basketball games because Training Has to Translate. This takes time, which is why we emphasize commitment level each season.

Each Academy Program is progressive with skill; one month builds on the next. All players must wear their practice jersey at each session and have a copy of Explosive Handles Ball Handling Videos to do their homework.

#2 HOW DO PLAYERS GET INTO THE TRAINING ACADEMY?

Depending on which training program you are interested in will depend on if your player needs an evaluation. Our evaluation is called **PLACEMENT DAY**.

Training Programs that need an evaluation:

- Fall A.T.P.
- Spring A.T.P.
- Winter Overtime
- Winter Rapid Fire

Training Programs that Do NOT need an evaluation:

- Private Instruction
- Small Group Instruction
- Summer Camps
- Winter Camps
- Any Clinics
- First Step
- Fall Sunday Night Skillz
- Summer Night Training

Placement Day

All players interested in our training programs that need an evaluation must sign up for Placement Day. Placement Day is our tryout. It is the fairest way for us to see all interested players skill set so we can place them into the right class and group color to best benefit them. Players undergo an intense 90 minutes of basketball training and are evaluated during it. This does mean that not all players are placed within the program they are trying out for; if that occurs we do discuss a plan with parents to help assist their player (that most likely will be our staff encouraging starting with private instruction).

Placement Day starts with a mandatory parent meeting in which we set expectations, discuss commitment level and the financial obligation.

IF YOUR PLAYER MISSES PLACEMENT DAY AND IS INTERESTED IN A PROGRAM, THEY WILL HAVE TO SET UP A PRIVATE EVALUATION.

#3 WHAT HAPPENS AFTER PLACEMENT DAY?

After Placement Day all players receive an email. The email may extend an invite to join the specific program they were being evaluated for. It could also be to inform parents their player did not make it in that program. Each class has limited spots, so unfortunately not all players receive an invitation. If your player does not receive a spot, you will be sent other options that they would be eligible for.

You will notice that at most grade levels there are multiple classes offered (Grey, Blue, and at certain grade levels Green/Pre-Academy). If your player gets invited into a program they will be placed in one of those color classes. The color classes are how we 'pool' talent to ensure that we are teaching the M14 System at the correct pace. We do not want to overwhelm players but we also don't slow down too much. By grouping players into these color classes we ensure quality in the program. Color class placement is based on skill, talent and athleticism. Our more advanced players are placed in Grey classes, our mid-level players in our Blue class and beginners to our program will be placed in Green or Pre-Academy classes.

#4 HOW MANY SPOTS ARE OFFERED IN EACH TRAINING CLASS?

Quality of training means everything to M14. Our ability to build each player's individual strengths and work past their weaknesses is best at this class size. This allows our staff to stay at our 10:1 player to coach ratio.

#5 SEASONAL COMMITMENT

Although most of our players train with us year round, that is not mandatory. It is mandatory for players to commit for the entire academy season when they accept an invitation to join. Several different payment options are offered.

#6 TRAINING PROGRAM STRUCTURE

Spring A.T.P.

(4th-8th Boys / 5th-8th Girls) is a 12 week program starting at the beginning of March. It offers 8 sessions a month (2 sessions a week) with an additional weekly make-up session just in case a player has to miss a session due to other commitments. We understand that during the spring season, players are also playing a different spring sport, so time is limited. We make every effort for our players to continue to train with us. If they miss one session a week, they can always use the make-up skill session to ensure they get their 8 sessions completed. A.T.P. is a 'train-only' option that is open to both multi-sport players as well as players who only want to train with M14. All sessions are 90 minutes. Players do need to be evaluated for this program.

Spring First Step

(1st-4th Boys / 1st-4th Girls) is a 12 week program starting at the beginning of March. Sessions are offered once a week. All sessions are 60 minutes and we do not offer a make-up session with this program. No evaluation is needed for this program.

Fall A.T.P.

(4th-8th boys / 5th-8th girls) is a 12 week program starting at the beginning of August. For all 4th-8th Boys/5th-8th Girls, Fall A.T.P. offers 12 sessions a month (3 sessions each week) for the full 12 weeks with an additional weekly make-up session just in case a player has to miss a session due to other commitments. We make every effort for our players to continue to train with us. If they miss one session a week, they can always use the make-up skill session to ensure they get their 12 sessions completed. A.T.P. is a 'train-only' option. All sessions are 90 minutes. Players do need to be evaluated for this program. The High School structure is different than the middle and elementary school structure. All players need to be evaluated for this program.

First Step

(1st-3rd Boys / 1st-4th Girls) is a 12 week program starting at the beginning of August. Sessions are offered once a week. All sessions are 60 minutes and we do not offer a make-up session with this program. No evaluation is needed for this program.

Sunday Skillz

(5th-12th Boys / 5th-12th Girls) is a 12 week program starting at the beginning of August offered on Sundays only. All sessions are 90 minutes. Player sign up for these sessions by purchasing a package of 1, 4, or 8, or 12 sessions. If players purchase 1, 4, or 8 session packages they are allowed to attend any of the sessions on Sunday. We do not offer make-up sessions or credit missed sessions into other programs. No evaluation is needed for this program.

Winter Rapid Fire Sunday Night Shooting

(For grades 9-12 boys and girls). This is a 2-part program: Part 1 offers 5 sessions in November and December followed by part 2 in January and February. This program is for players who made their high school teams. Players do need to be evaluated for this program.

Winter Overtime

(For players 4th-8th boys and girls). The program offers 2 parts; part 1 runs Nov-Dec and part 2 runs Jan-Feb. Each part offers 10 total sessions (5 Fridays and 5 Sundays). We do not offer a

make-up sessions for this program. This program is the perfect compliment to the winter team season. Players do need to be evaluated for this program.

Camps

For 3rd-8th boys and girls. We offer skill camps during the summer and during the winter break. Our camps are either 3 days or 4 days within the same week and are 3 hours a day. During the summer we offer morning and afternoon camps. Players do not need an evaluation for this program.

Summer Night Training

(4th-12th Boys / 5th-12th Girls) is a 12 week program starting at the beginning of June and is offered Monday-Thursday. All sessions are 90 minutes. Player sign up for these sessions by purchasing a package of 1, 4, or 8. Our session packages can be used at any of the sessions dates offered. We do not offer make-up sessions or credit missed sessions into other programs. No evaluation is needed for this program.

NOW THAT YOU HAVE THE “FRAMEWORK” FOR THE ACADEMY, LET’S GET INTO MORE DETAIL.

#7 HOW ARE GROUPS DIVIDED?

Generally, all our training programs are divided by grade, gender and talent. Group divide is an essential component to ensuring quality in our training program. These guidelines are followed in all programs regardless of if an evaluation is needed or not.

#8 WHAT IS THE PLAYER/COACH RATIO?

We generally stay at a 9:1 player to coach ratio. More importantly is the amount of time your player will have in between each repetition: 15 seconds!

#9 WHAT IS THE DIFFERENCE BETWEEN THE GROUP TRAINING PROGRAMS(ATP) AND PRIVATE INSTRUCTION STYLE PROGRAM?

Basketball is a reaction sport. Once we show your player the footwork, body positioning and pace associated with a particular “move”, we now need to show them how to use the move. In order to do that, we have to put them up against another player. To ensure that the player they are going against is at your player’s talent level, we have Placement Day and/or private evaluations. This ensures no player feels overwhelmed or under challenged. A.T.P., Overtime, Rapid Fire all allow us to FULLY teach the game of basketball (including Defense!!).

Private and small group instruction are for those players who want to work on specific skills. Extremely beneficial and most players have a steady diet of both we are involved in our program.

#10 WHAT SKILLS ARE TAUGHT DURING AN ACADEMY SEASON?

The M14 System is an original player development model. It is based on researched facts, science and years of training 1000's of players. Because of intellectual property we will not give specifics. If you are interested in more information, please contact us.

New players always start with our basic 101 package of motor movements, footwork, drills and principles. As players stay with the program, the skills we teach change because we introduce IQ, court spacing and playing without the ball.

To truly create a well rounded basketball player, we need to show them how to use each move and how to apply their IQ training within a team concept. Once beyond 101, some of the skills taught are as follows.

- footwork
- 1on1 attack moves
- creating space
- using and setting screens
- ball handling
- shooting
- passing
- and many more

Each month players drill on specific moves and concepts to progress onto other moves and concepts the following month. All of our training builds upon itself to create a complete player.

#11 DO YOU TEACH THEM DEFENSE?

Yes! In our Fall/Spring A.T.P. program we do address defense. By having multiple players in a class, we can teach each player 'on the ball defense' as well as 'off the ball defense'. Our players know how to play on both ends of the floor!

#12 WHAT ELSE IS TAUGHT?

Along with fundamental and advanced skill work, expect us to work on your player's mentality and Basketball IQ. We believe in building a complete basketball player, not just a great shooter or ball handler. We make sure our players are versatile, raising their value on the team. This allows them to stay on the court longer!

We define mentality as aggression + confidence. Any player can have great skill but if they do not have the proper mentality, that skill goes under used.

We also teach IQ. This means players know where to go on the court when they have the ball. They also know where to go when they don't. They learn our principles and how those principles translate into any offense play.

#13 WHAT IS EXPECTED OF PLAYERS WHEN THEY ARE NOT AT THE ACADEMY?

In our experience this generation of players generally needs a little more guidance when working on their own. They are enthused and excited to get better at basketball, but they need some help when not with an M14 trainer. To help, we give homework to do on their own on the days they do not train with us. The homework is Explosive Handles Ball Handling Videos, watching games or doing the M14 Shot Chart. We want players to take responsibility for their own development by learning to be an active participant in it.

#14 ATHLETIC TRAINER COVERAGE

Player safety is our number 1 priority.

We do compete in our classes. We play 1v1 and 3vs3. This means any injury that can occur in a game can happen during one of our training sessions, too. We ALWAYS have a certified professional trainer at every session just in case a player may need tape or ice.

Anything Else?

Yes! We are serious about basketball development and our program is intense but still very appropriate for the grade level our trainers and coaches interact with. We are stern, strict and respect is something all our players come to understand immediately. We push our players to get outside of their comfort zone to strive for greatness. We do this with professionalism, staying positive and great coaching. We are never negative with players or demean them.

Our staff spends hours on research. Our trainers study human body moves and how strengthening those movements helps players have better techniques. We believe if players have great technique it can be inserted into what we call "skill drills." These "skill drills" are centered around our principles. With each player having the correct technique, skill and understanding the M14 principles, they are able to translate their knowledge into any game or team they play on. That is ultimately our goal, to see it on the court when they face another team and the referees are out there! TRAINING HAS TO TRANSLATE!!!

More importantly, we believe that a great basketball player has these qualities, too:

- understands how to manage their time
- handle adversity
- work hard
- be dedicated
- take constructive criticism
- have great body language
- great attitude
- give a great effort level

We also believe that those characteristics make a great C.E.O., manager, employer or employee. We teach more than basketball at our Academy. At some point, the ball will stop bouncing and all that these basketball players will be left with is what they learned along their journey. That is what we think is most important.