



## RUNNIN' MAROON FLIGHT CLINIC

A special program for the **RUNNIN' MAROONS** designed to get you ready for this coming season. Individual offense skills and techniques along with defensive tactics will be covered in two separate sessions.

### CLINIC FEATURES:

#### DEFENSE

- Movement Training
- 1-on-1 Tactics
- How to play in the Bubble
- Blocking out & Rebounding
- Scramble Situations
- Post Defense

#### OTHER TOPICS

- Pick and Roll Defense
- DTRANS
- BEND but don't Break
- How to Get S.T.O.P.S.
- Full Court Action
- How to Avoid Fouls



## Hoops 101 Flight Clinic AT AUSTIN HIGH SCHOOL

SATURDAY, OCTOBER 20, 2012

**TWO 2.5 HOUR SESSIONS • 9:30 AM - 12 NOON & 1 PM - 3:30 PM**  
LUNCH WILL BE PIZZA AND WILL BE SERVED IN BETWEEN SESSIONS

**Contact Coach Dudney for more info**

Email: [adudney@austinisd.org](mailto:adudney@austinisd.org)

### OTHER IMPORTANT DETAILS

- Instruction will be led by Coach Terroba, who has coached at every level from the NBA D League to high school basketball. Most recently, he worked for the Bakersfield Jam, and before that, was a high school coach at Austin High.
- Classroom sessions will feature video examples of the skills being taught.
- Basketballs will be provided by school.

**TO LEARN MORE ABOUT HOOPS 101**  
[www.hoops101nation.com](http://www.hoops101nation.com)

### WHAT TO DO BEFORE THE CLINIC:

1. Complete online survey sent to you by your school coach.
2. Fill out medical release form and turn into your coach.
3. Bring payment in cash or check made out to **Hoops 101 Basketball LLC** with you to the clinic.
4. Bring a notebook and pen or pencil to take notes.
5. Show up on time and be dressed and ready 10 minutes before the first session.