

2024 FALL BASKETBALL TRAINING



PRE-SEASON TRAINING

Class Schedule

Saturday: September 14 - November 16 (9 weeks)

Time	Class	Grade		Coach
9:00am-10:00am	Fundamental Frenzy	K-1st	Co-ed	Duke
10:00am - 11:00am	Next Step Fun & Competitions	1st - 2nd	Co-ed	Duke
11:00am - 12:15pm	Rising Stars - The Next Chapter	2nd-4th	Co-ed	Aaron
12:15pm - 1:45pm	Pre-Season 5v5/Skill Intensity	Top 9th (Special Invite 8th)	Boys	Aaron
1:45pm - 2:15pm	Swish & Dish	OPEN	Co-ed	Bob
2:15pm - 3:45pm	Pre-Season 5v5/Skill Intensity	7th-9th	Girls	Aaron/Bob

Sunday: September 15 - November 17 (9 weeks)

Time	Class	Grade		Coach
1:00pm-2:15pm	Pre-Season 5v5/Skill Intensity	5th-6th (Special Invite 4th)	Boys	Aaron
2:15pm - 2:45pm	Swish & Dish (Shoot to Score/Dribble Drive Combo)	OPEN	Co-ed	Aaron
2:45pm - 4:00pm	Pre-Season 5v5/Skill Intensity	5th-6th (Special Invite 4th)	Girls	Aaron
4:00pm - 5:15pm	Pre-season 5v5	Middle School	Boys	Aaron
5:15pm - 5:45pm	Swish & Dish (Shoot to Score/Dribble Drive Combo)	OPEN	Boys	Aaron
5:45pm - 7:15pm	Pre-season 5v5	Highschool	Boys	Aaron/Andrew
7:15pm - 8:15pm	Shooting w/ Charlie	OPEN	Co-ed	Charlie

Tuesday

Time	Class	Grade		Coach
6:30pm - 7:30pm	Around the Rim	OPEN	Co-ed	Duke
7:30pm - 8:30pm	Shooting w/ Duke	OPEN	Co-ed	Duke

Wednesday

Time	Class	Grade		Coach
5:30pm - 6:30pm	Quickness & Agility/Game Situational Scoring	OPEN	Co-ed	Archie



CLASS DESCRIPTIONS

PRE-SEASON 5V5

Many kids sign up for AAU & waste their time not getting the shooting, passing, or dribbling opportunities in game situations as playing time is not guaranteed. AAU teams will cater to a few good players while the rest of the players just rebound or watch the other players accel. Advanced HOOPS is proud to present Pre-Season 5v5 Challenge that allows players to compete in 1v1, 2v2, 3v3, & 5v5 full-court organized games. These are in-house competitions that involve kids from all over South Central PA. It gives kids a chance to have an equal opportunity on dribbling, shooting, passing, etc. The coaches purposely make players move the ball & move without the ball allowing every player to touch the ball. By doing this, players get more shot & passing attempts & chances to work on 1v1 moves in game situations.

YOUTH

FUNDAMENTAL FRENZY

This class is for K-1st graders who are just starting out & need to learn the basics of dribbling, defense, shooting, passing, and basketball footwork. This is a class for novice players to get a great start while coaches aim to have fun and make this a memorable and confidence building experience.

NEXT STEP FUN & COMPETITIONS

This class gives kids in grades 1st-2nd and gives them strong basics and fundamentals each week. Kids in this class have already been in a novice start up class either with us or somewhere else. The goal is to get kids moving more with the basketball when dribbling, defending, shooting, & passing the basketball. Our competitions force kids to start using their skills in-game & competitive drill.

RISING STARS THE NEXT CHAPTER

This class is for 2nd-4th graders who are ready to compete in 5v5 games as well as 1v1 competitions. Coaches put kids on teams & incorporate skill segments that continue to build skill level in all the key areas of basketball.

SKILL CLASSES

SWISH & DISH (SHOOT TO SCORE & DRIBBLE DRIVE COMBO)

This class is a combination of the Shoot to Score & Dribble Drive Classes.

Shoot to Score - Players will be taken through game-like shooting drills that mirror in-game situations including transitional shooting. This class will focus on fast-paced repetitions so that players can learn to make shots at game-speed. Anyone interested or in need of adjusting or improving the fundamentals of their shot should sign up for our Fall Shooting Class with Duke or Charlie. (see description)

Dribbling Drive - This class also incorporates essential driving and ballhandling drills that teach young players how to get to the rim or set up their teammates. Transition dribbling drills along with 1v1 moves will be practiced giving players the ability to penetrate the defense for scoring and passing purposes. This class is essential for all players at every position and level and is the perfect addition to the Hoop It Up Classes.

SPECIALTY CLASSES

AROUND THE RIM

Players in all positions, 7th grade and up, are invited to learn how to score in the paint; high and low post. The game is no longer just a low post moves game for inside big POST players. Guards and forwards are being asked to develop moves in the high & low post areas. Coach Duke's professional experience as a post player gives him firsthand knowledge that he is able & willing to pass on when teaching these skills.

SHOOTING W/ CHARLIE OR DUKE

Fall is the perfect time to work on improving your shot! This class is essential for any young player who is interested in learning from some of the areas top shooting instructor's. Through balance & footwork drills, combined with 250-300 weekly repetitions, player's will leave this class with their shot looking much better than when they came in.

INVESTMENT	YOUTH	
	FUNDAMENTAL FRENZY	\$130.00
	NEXT STEP FUN & COMPETITIONS	\$130.00
	RISING STARS THE NEXT CHAPTER	\$150.00
	PRE-SEASON 5V5	
	OPTION 1: PRE-SEASON 5V5	\$275.00
	OPTION 2: PRE-SEASON 5V5 + 1 SKILL CLASS	\$325.00
	OPTION 3: PRE-SEASON 5V5 + 2 SKILL CLASSES	\$350.00
	SPECIALTY CLASSES	
	AROUND THE RIM	\$175.00

COACHES

CHARLIE FORTNEY

Former Division I Shooting Guard at UNC Greensboro & CBA professional player.

AARON YANCEY

Advanced HOOPS Long time trainer and experienced AAU coach for years. Great with confidence building and sound fundamental teacher and motivator.

DUKE MCKAMEY

Former Division I Post Player at Fordham University. Overseas professional for 10 years. The best at teaching young post players.

ARCHIE SMITH JR.

Former Alabama State Defensive Back and top high school basketball player. Advanced Hoops trainer for 10 years.

JOHN POLLY

Current Palmyra girls' basketball coach and 25 years of AAU and youth girls coaching.

BOB FELKER

Current Central Dauphin Varsity Girls coach and top girls' trainer for Advanced HOOPS last 20 years.

ANDREW FAHRINGER

Played at Lower Dauphin. 4-year manager at Duquesne University Men's Basketball Program. 4-year head assistant for TOP AAU Team in the Area.

(See full coach's bios on website)