

Starting 10/30/09
Sign-Up Now!



DAVID ADELMAN HOOPS EDUCATION SHOOTING CLASS at NSRC

Class Description: This class is for players looking to improve their shooting ability in all phases of the game. The class will teach the basics of shooting and breakdown shooting off the catch, off the move, off the dribble and off screens. Below is a breakdown of the class:

David Adelman was a college basketball assistant for nine years at the Division I and III level. Adelman also coached professionally in the USBL as an assistant coach and general manager. What They Are Saying About David Adelman Shooting Class:

"The fun of this class is the improvement you make with your shot."

-- Mario Guagliardo 9th grader

"Dave is the best shooting coach I have seen in my 18 years of college coaching. He has a special way of teaching his players. I have so much respect for Dave that I sent my own son to him to learn shooting."

-- Mark Scherer
Head Coach Elmhurst College

- Form Shooting (hand placement, feet, elbow and release)
- 1-2 step shooting (shooting off of the catch)
- Shooting off the move both directions using the 1-2 step
- Shooting off the catch using head fakes, jab steps and eyes on the rim
- Shooting off of the dribble and shooting off of dribble moves
- Be able to read screens and footwork of shooting off of screens
- The class will advance at the speed players are able to advance.

AGES: 10-13 YEARS OLD
(BROKEN INTO AGE APPROPRIATE GROUPS)

TIME: FRIDAYS 5:00-6:00 PM

COST: \$210 FOR 7 SESSIONS

SESSION: OCT 30 - DEC 18, 2009
*(NO CLASS Nov.27)

TO SIGN-UP OR FOR MORE INFORMATION CONTACT EITHER:

- DAVID ADELMAN (847) 420-8115

OR EMAIL DAVID AT ADELHOOPSEDU@HOTMAIL.COM

- JOHN KARZEN 847-778-8760

OR EMAIL JOHN AT JOHNKARZEN@NORTHSHORERC.COM