CWILLIAMS ATHLETICS & FITNESS

"While You Were Sleeping We Were Getting Better"

CW Workouts are intense, fast paced, and rewarding. The primary focus of each session is mastery of the basic basketball fundamentals on every drill. Training includes:

Ball Handling

Learn how to handle the ball at game speeds against defensive pressure. Strong emphasis placed on balance, court awareness & developing your left and right hand.

Shooting

Learn how to prepare yourself to take the shot: Stepping into your shot; using your legs and finishing EVERY shot the same way; using your jab or shot fake to get defenders off balance; reading screens and attacking defenders off the dribble. All drills are at game speed with an emphasis on taking high percentage shots.

Passing

Learn how to pass with your right and left hand. Make bounce passes through traffic. Recognize where your teammates like to catch the basketball. Learn when to make passes.

Defense

Each player will learn the proper techniques starting with the stance. Learn how to close out properly to prevent the offensive player from beating you to the rim. Learn how to point and push keeping the offensive player in front of you. Learn how to beat the offensive player to the spot for a charge, or to offer help-side defense are all drills that we will teach. Defense is about heart and desire. DEFENSE wins championships!

Conditioning

Strength conditioning and plyometric training compose an important part of complete basketball training. Our young athletes will be pushed to become stronger, quicker, faster and most importantly, mentally tougher.