

# Fall 2018



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## 3d Athletics

1732 Church Street - Holbrook NY 11741

[www.3dAthleticsTraining.com](http://www.3dAthleticsTraining.com)

631-750-9090

# NEW Director of Operations:

Please direct all questions or concerns regarding our Fall programs to the following:

**Adam Luftig**

*3d Athletics Director of Operations*

**E-mail:**            [Adam\\_Luftig@3dAthleticsTraining.com](mailto:Adam_Luftig@3dAthleticsTraining.com)

**Call / Text:**    516-343-0939



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The following pages will break down each service offering for the Fall of 2018. Information can be found online at [www.3dAthleticsTraining.com](http://www.3dAthleticsTraining.com).

# Private Training Program

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Our Fall system will consist of ability based private training sessions. All workouts are booked by appointment ONLY.

*3d Athletics will appropriately suggest a plan for each client on an individual basis.*

# Private Training

- 60 minute workouts with a team of highly qualified trainers
- \$75 per session
- 10 session package for \$650
- **Clients must book sessions online via link below**
  - <https://3dathleticstraining.com/pages/schedule>
- Contact Adam Luftig (*Director of Operations*) with any scheduling and pricing questions
- [Adam\\_Luftig@3dAthleticsTraining.com](mailto:Adam_Luftig@3dAthleticsTraining.com)
- Call/Text 516-343-0939

# Advantages of Private Training

- ✓ Increased intensity in workouts
- ✓ Directly addresses the needs of the player
- ✓ Ability based workouts
- ✓ Diversified drills in each session
- ✓ 1:1 Player-Trainer ratio
- ✓ Fosters relationships between players and trainers
- ✓ Skill progressions built into each workout
- ✓ Natural transition into simulated game activities
- ✓ Among MANY more...

# **3-on-3 Program** (8-Session Seasonal Program)

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Beginning November 17th, our 3-on-3 system will move to Weekends. Please review the following pages for more detailed times set for the age groups provided.

# Weekend 3-on-3 Schedule

**\$40 OFF EARLY REGISTRATION BEFORE NOVEMBER 8th**

<b>Nov 17 – Jan 20</b>	<b>Saturday's</b>	<b>Sunday's</b>
<b>11:00am– 12:15pm</b>	<b>5<sup>th</sup>/6<sup>th</sup> Grade Girls</b>	<b>5<sup>th</sup>/6<sup>th</sup> Grade Boys</b>
	<i>20 Player Maximum</i>	<i>20 Player Maximum</i>
<b>12:30pm – 1:45pm</b>	<b>7<sup>th</sup>/8<sup>th</sup> Grade Girls</b>	<b>7<sup>th</sup>/8<sup>th</sup> Grade Boys</b>
	<i>20 Player Maximum</i>	<i>20 Player Maximum</i>

Players will meet on the following times below beginning **November 17, 2018**. On the first evening, our staff will review all rules and expectations of the program. Please arrive at least 5 minutes prior to the start of your games in order to allow games to run as scheduled.

There will be no sessions held on December 22<sup>nd</sup>/23<sup>rd</sup> and December 29<sup>th</sup>/30<sup>th</sup> for Winter Recess.



*Top Selling Program – Sign Up ASAP!*



# 3-on-3 Info & Registration

## 8-Week Program

\$240 Player Registration Fee

**\$40 Off Early Registration Before November 8th**

- ☑ Referees
- ☑ Guided Coaching
- ☑ 4 Games Per Evening
- ☑ 10-Minute Games
- ☑ Team Sign Up Available
- ☑ Free Agent Sign Up Available
- ☑ 4 Players Per Team
- ☑ Continuity 3-on-3 Rules

**Register NOW via the link below!**

<https://3dathleticstraining.com/pages/enrollments>

Email [Adam\\_Luftig@3dAthleticsTraining.com](mailto:Adam_Luftig@3dAthleticsTraining.com) with any questions!

# Weekend Master Classes

**Weekend Master classes will cease to exist after November 4<sup>th</sup>, 2018**

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Saturdays & Sundays consist of our morning group workouts geared specifically to Ball Handling & Shooting respectively at their own time blocks.

- **Saturday** Middle School Level & Below
- **Sunday** High School Level *(Unless advised by a staff member prior to attendance)*

*The sessions listed above also act as our evaluations for NEW members who are interested in our services. Upon review of their performance, one of our staff members will provided suggestions that would best fit their needs moving forward.*

# Weekend Workout Options:

**Sign Up Here:** <https://3dathleticstraining.com/pages/master-classes>

## Saturday Group Workouts:

*\$25 Per Workout Listed Below*

*\$99 All - Inclusive Monthly Plan Available*

### ✦ Beginner Ball Handling Workout

- ☑ 9:00am - 10:00am
- ☑ Recommended for Grades 3 - 7
- ☑ Fundamental Ball Handling Stance
- ☑ Stationary Components
- ☑ Body & Ball Awareness
- ☑ Footwork, Balance, & Movement
- ☑ Tempo, Rhythm, & Speed Change

### ✦ Beginner Shooting Workout

- ☑ 10:15am - 11:15am
- ☑ Recommended for Grades 3 - 7
- ☑ Basic Shooting Mechanics
- ☑ Footwork
- ☑ Preparation, Execution, & Finish Point
- ☑ Layups

## Sunday Group Workouts:

*\$25 Per Workout Listed Below*

*\$99 All - Inclusive Monthly Plan Available*

### ✦ Advanced Ball Handling Workout

- ☑ 9:00am - 10:00am
- ☑ Recommended for Grades 8 - 12
- ☑ Stance Warm-Up
- ☑ Footwork Breakdown
- ☑ Hip Development
- ☑ Handling Pressure
- ☑ Creating Space

### ✦ Advanced Shooting Workout

- ☑ 10:15am - 11:15am
- ☑ Recommended for Grades 8 - 12
- ☑ Finishing Around the Basket
- ☑ Team Shooting Concepts
- ☑ Catch & Shoot Principles
- ☑ Pull-Ups