



BASKETBALL ACADEMY 1

PLAYER HANDBOOK



@Abileneyouthsports



@Abileneysa



@AbileneYouthSA



**Abilene
Youth
Sports
Authority**

Hey Everyone!

Welcome to AYSA!

We haven't had a chance to meet yet, but our names are Antigone and Antony, and we're twins! All our friends just call us Tig and Tony, and since you are going to be a part of this AYSA program with us, then you are definitely our friends!



Every ant has a role and a responsibility in their colony.

Ants are well organized. They know how to pursue their goals.

Ants can lift more than 20 times their own body weight—they are not afraid of a difficult workload.

Ants get the job done. If a job is hard, they work together to solve problems.

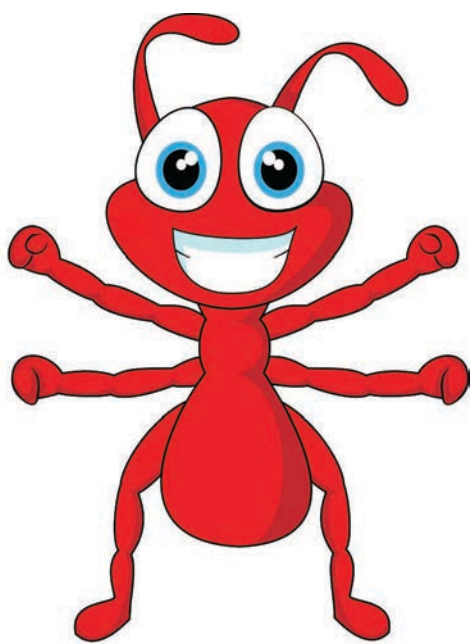
FACTS ABOUT ANTS

The Story of The ANT

"One morning I wasted nearly an hour watching a **tiny** ant carry a **HUGE** feather across my back porch. Several times it was confronted by obstacles in its' path and after a momentary pause it would make the necessary detour. At one point the ant had to negotiate a crack in the concrete about 1 inch wide. After brief contemplation, the ant laid the feather over the crack, walked across it, and picked up the feather on the other side and then continued on its' way. I was fascinated by the ingenuity of this ant, one of God's smallest creatures. It served to reinforce the miracle of creation. Here was a minute insect, lacking in size yet equipped with a brain to reason, explore, discover and overcome."



LET'S
GET TO
IT!!



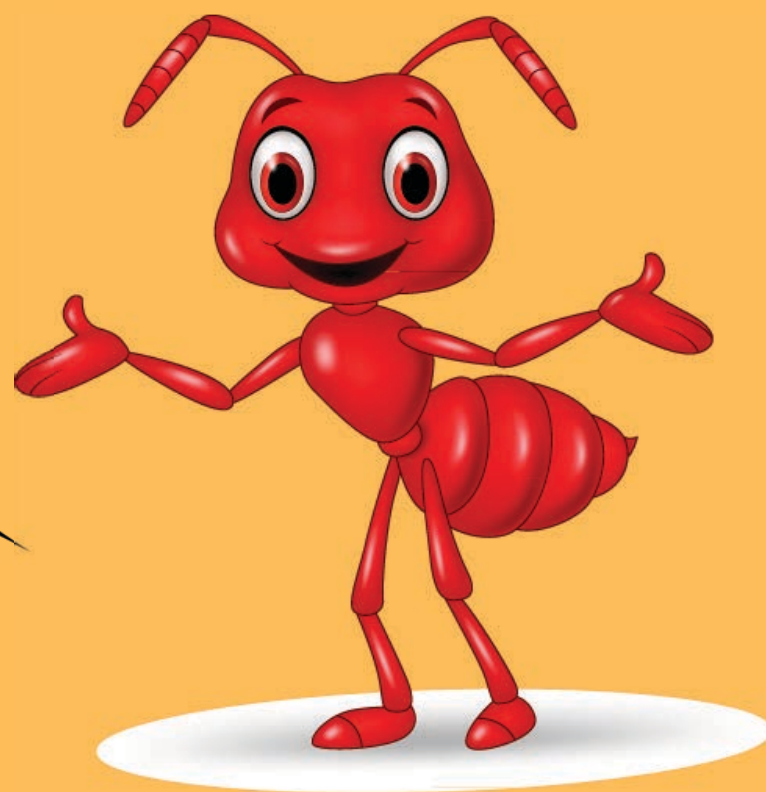
I told you that God had mighty plans for us! Here is proof! But we are not the only creatures that God uses to do unique things and to be a strong team. He uses you too! And you have been especially made in His own image. As we continue on our journey together through this workbook, you are going to learn how to use all the talents that God has given you!

As we work together through this book, we will have a word of the week to help us stay focused on positive things in our life. We will also be learning how to set goals and to stick with them. There will be some challenges for you to do and also some ways that you can get your family involved in learning this sport with you at home.

WEEK 1

-Imaginative-

The ability to come up with mental images or new and creative ideas.



Check off the days you DID complete the challenges

SKILL CHALLENGE

Left/right hand dribble - 1-minute in place

Left/right hand dribble - 1-minute walking

Partner Chest passes- 2 sets of 10

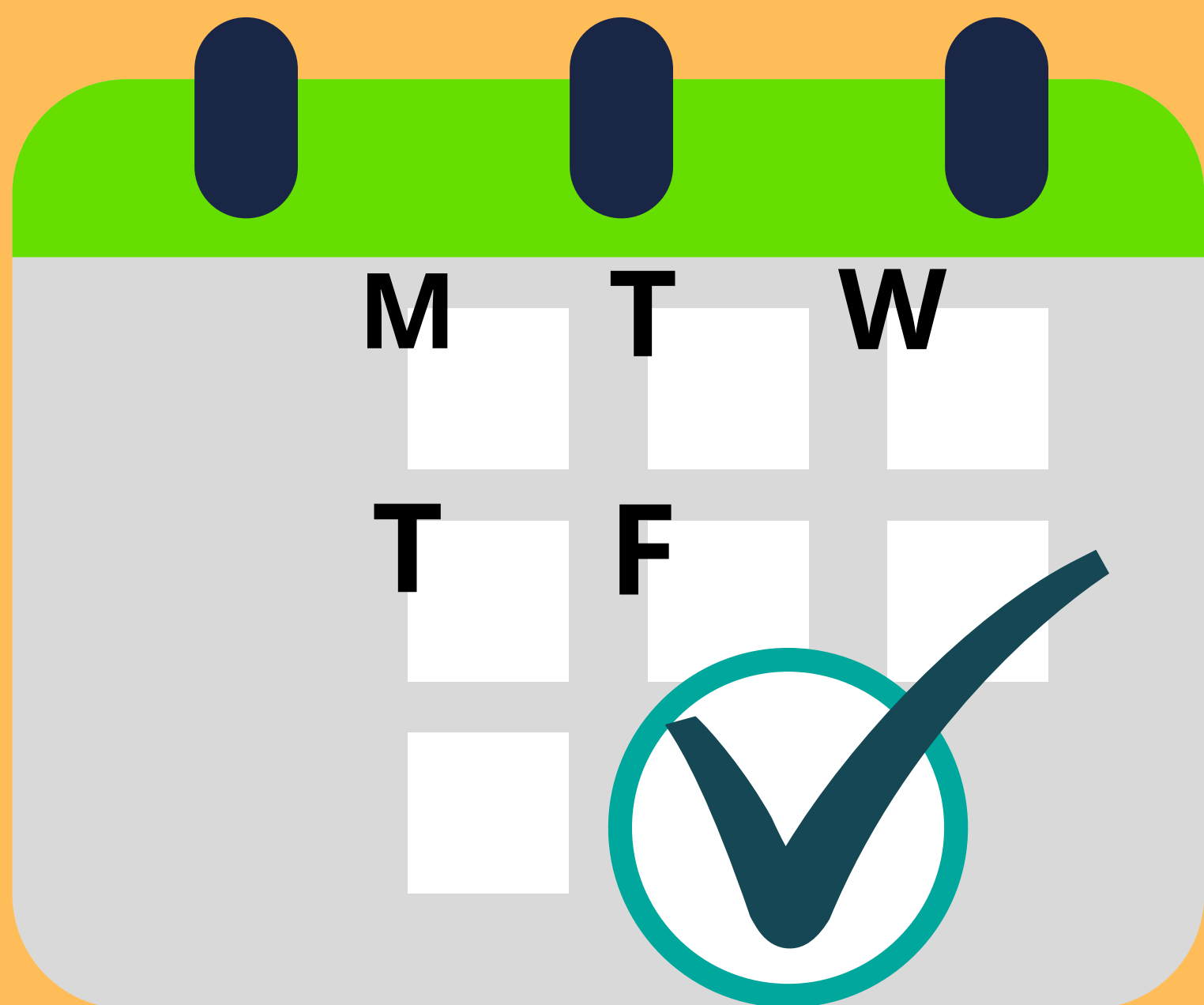
CONDITIONING CHALLENGE

Jump Rope (normal, 1 foot, scissors, side to side)

Mountain Climbers

Inchwork Walks (1 minute)

Create a family exercise game



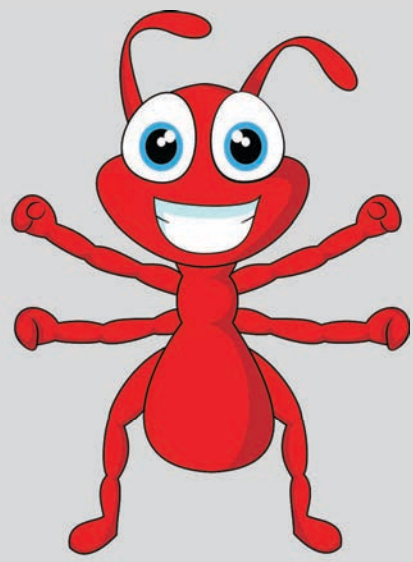
HEALTHY EATING CHALLENGE

Replace a sugary dessert for some fruit with yogurt or PB.



Ephesians 3:20-21

"Now to Him who is able to do above and beyond all that we ask or think according to the power that works in us—to Him be glory."



Tig, do you think
these kids can find
all of the words??

I	T	H	A	P	O	R	O	R	A	H	H	M	O
N	O	I	S	E	R	E	D	E	P	T	P	U	T
E	S	U	S	I	T	B	H	E	E	E	E	M	H
E	E	O	I	P	E	O	U	U	J	R	F	E	R
E	U	U	S	E	E	U	N	F	L	S	R	L	E
O	A	T	T	E	S	N	Y	E	S	R	E	J	E
T	O	O	J	S	A	D	P	O	O	H	E	T	P
P	T	F	O	A	O	E	E	U	H	U	T	I	O
E	M	B	H	H	F	S	E	A	I	O	H	Y	I
S	O	O	O	T	E	A	M	E	O	N	R	M	N
R	W	U	R	E	O	R	A	B	Y	T	O	O	T
E	N	N	J	U	M	P	B	A	L	L	W	T	E
T	O	D	R	T	R	E	Y	A	L	P	B	L	R
U	O	S	P	O	L	L	O	J	B	T	E	F	O

TEAM
PLAYER
JERSEY
ASSIST
HOOP
FREE THROW
OUT OF BOUNDS
REBOUND
JUMP BALL
THREE POINTER

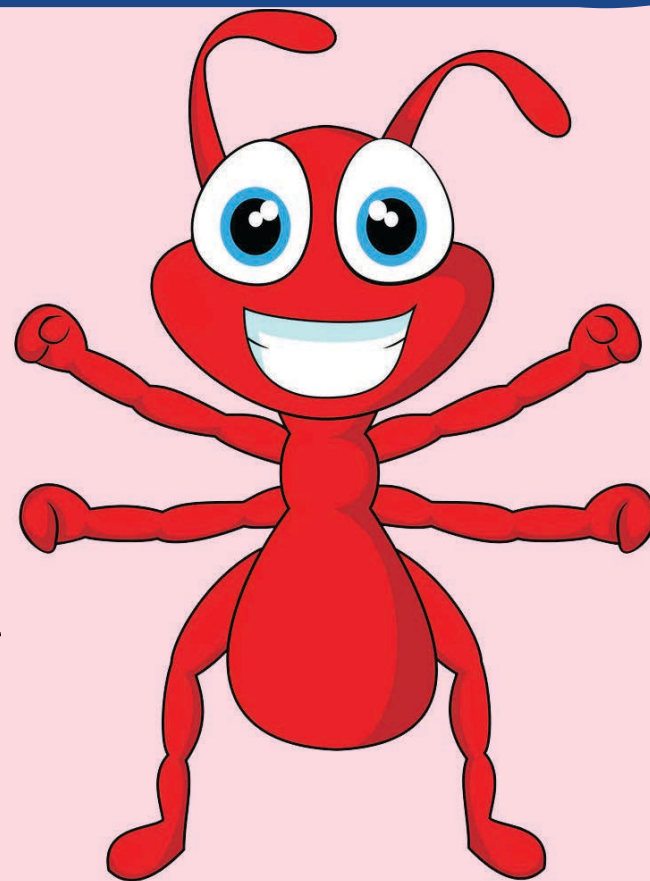
I think they can
Tony! I always
believe in my
friends!!



WEEK 2

-Brave-

Choosing to face new experiences or difficult situations, even when they might be scary!



Check off the days you DID complete the challenges

SKILL CHALLENGE

Left/Right hand Crossovers - 1-minute

Spider drill - 2 sets of 30 seconds

Partner bounce passes- 2 sets of 10

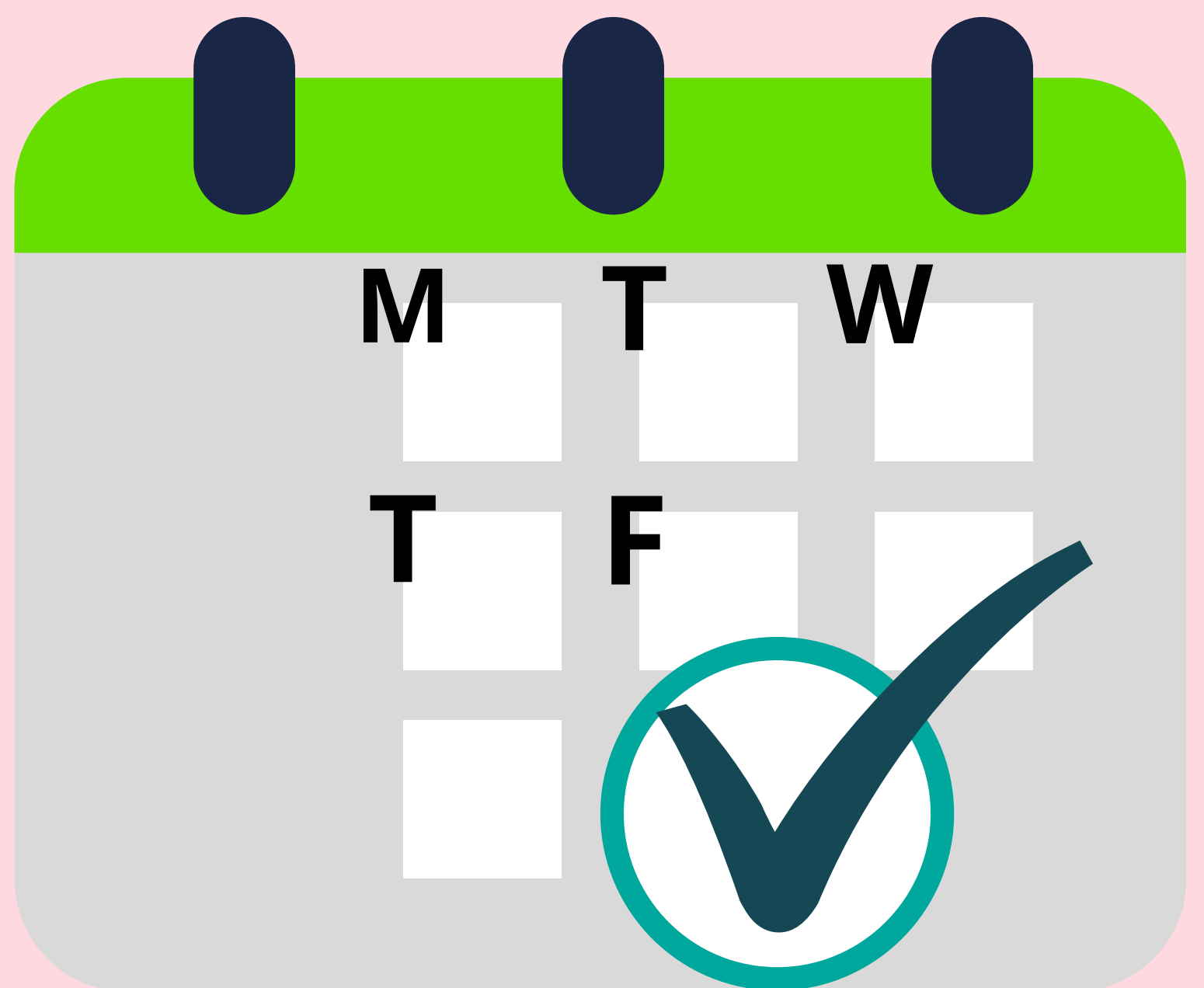
CONDITIONING CHALLENGE

Jumping Jacks

Shuffles

Plank High 5's

Hula Hoop Dance



HEALTHY EATING CHALLENGE

Drink water or milk instead of soda or sugary drinks for the day.

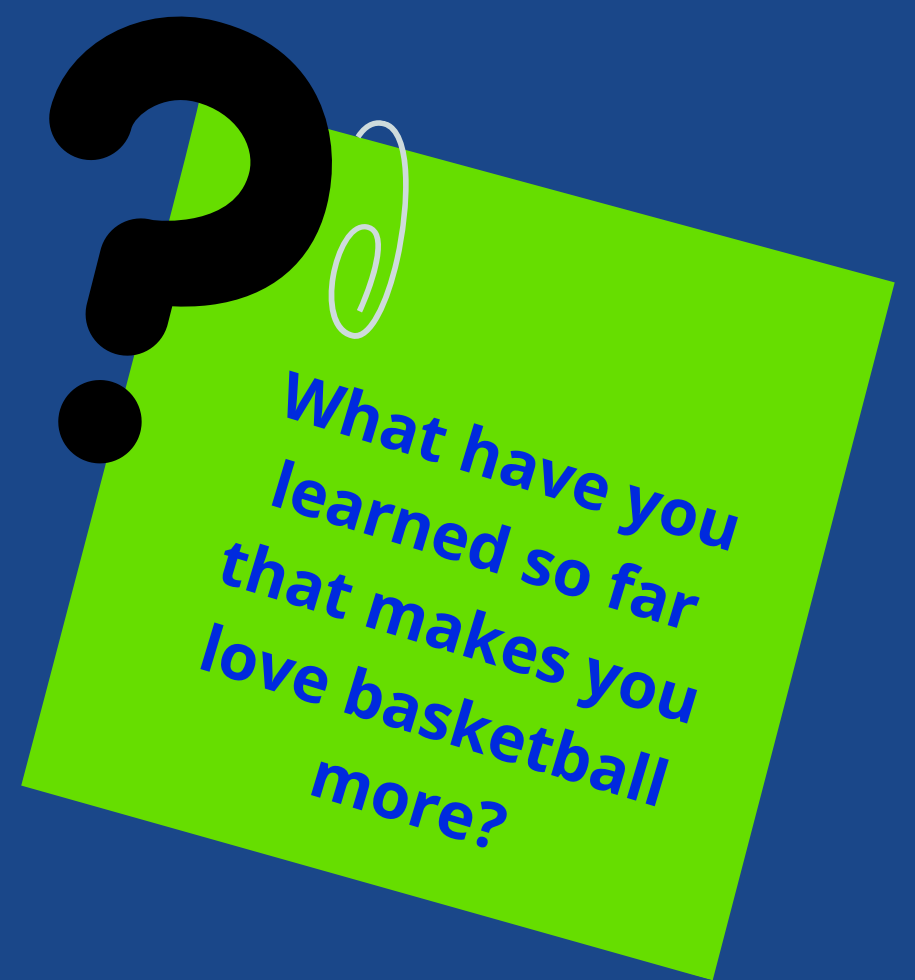


Joshua 1:9—"Be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go."

WEEK 3

-Thankful-

Feeling or
expressing
thankfulness or
gratefulness.



Check off the days you DID complete the challenges

SKILL CHALLENGE

Partner Shooting form without
ball -1-minute

Partner Form shooting 3ft from
basket -10 makes

Layups on both sides -10 makes

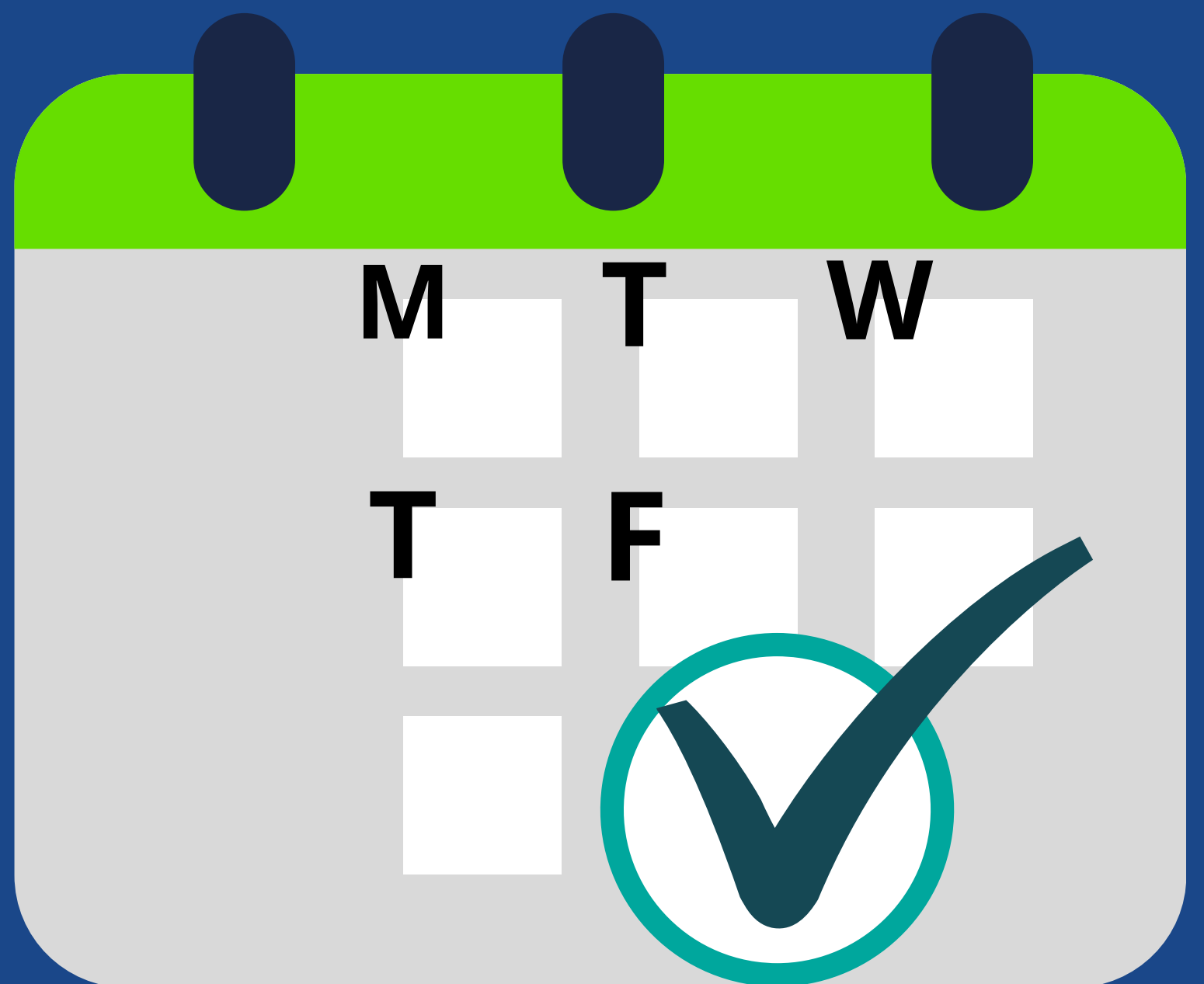
CONDITIONING CHALLENGE

Jump Rope Sequence

Lunges, Tuck jumps, Air squats

Superman Hold

Create your own family workout
obstacle course (3 stations)

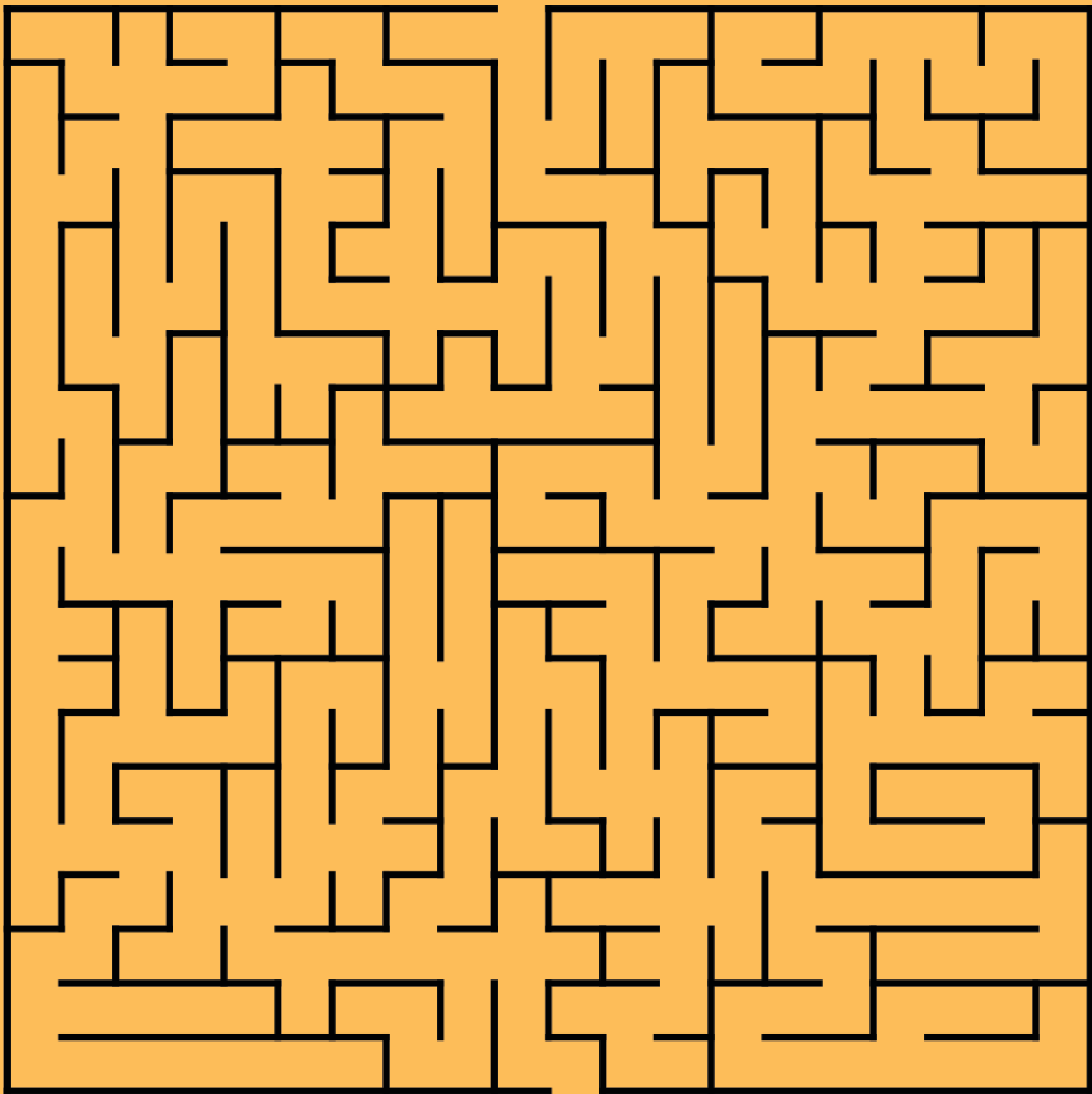


HEALTHY EATING CHALLENGE

Eat a fruit or vegetable at every meal for the day.



1 Thessalonians 5:18—"Give
thanks in everything, for this is God's will
for you in Christ Jesus."



**CAN YOU SOLVE THE
MAZE??**

WEEK 4

-Resourceful-

Capable of dealing with difficult situations quickly and imaginatively.



What are your favorite ways to exercise and why?

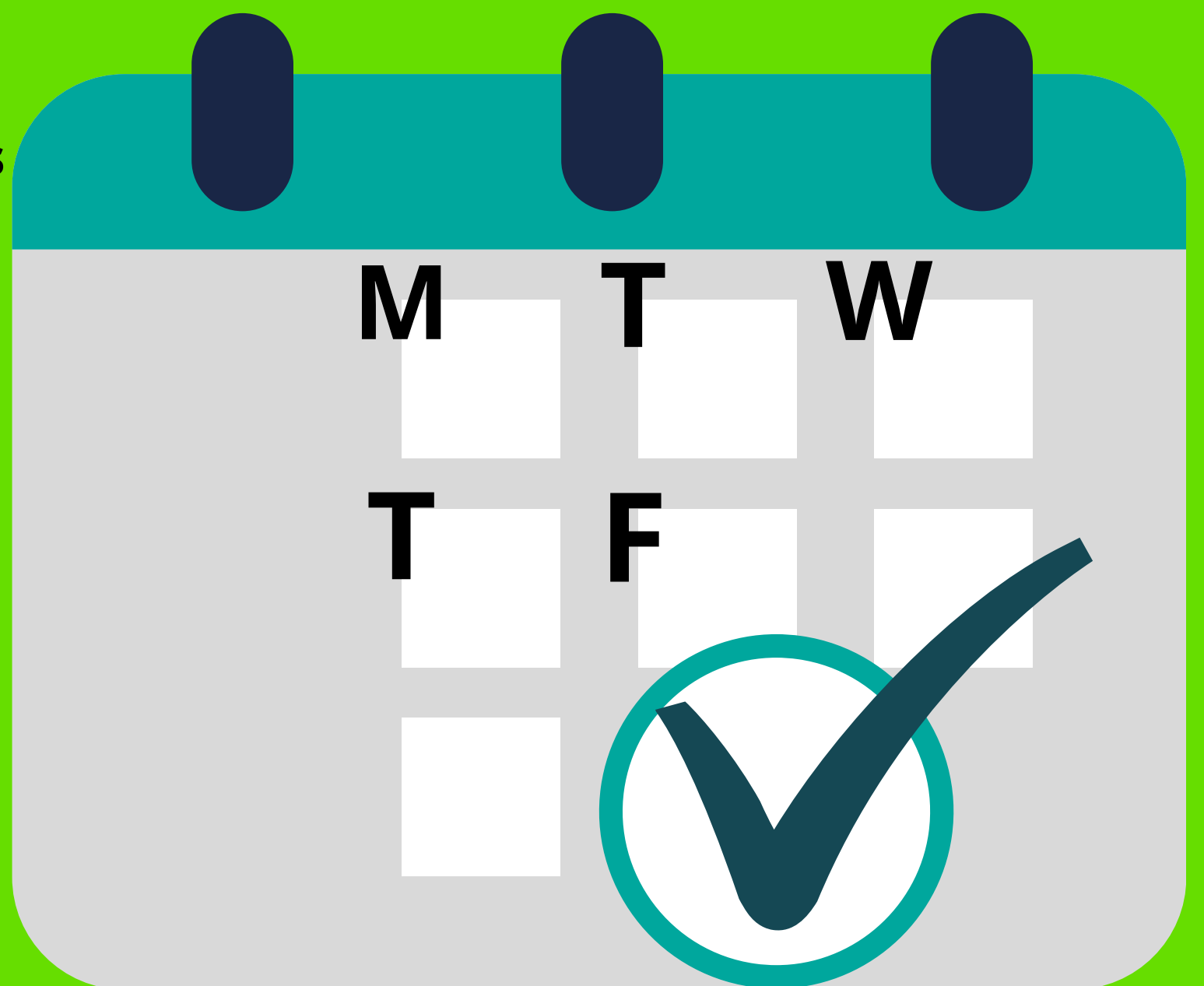
Check off the days you DID complete the challenges

SKILL CHALLENGE

Defensive lane slides- 2 sets of 30 seconds
Partner Front pivots and reverse pivots
-10 each
Pivot/ reverse pivot into shot -5 each side

CONDITIONING CHALLENGE

Burpees (5 minutes)
Run 1/4-1/2 mile
Tricep Dips
Jumping Lunges



HEALTHY EATING CHALLENGE

Eat something for breakfast every day this week.



How will YOU be resourceful this week?

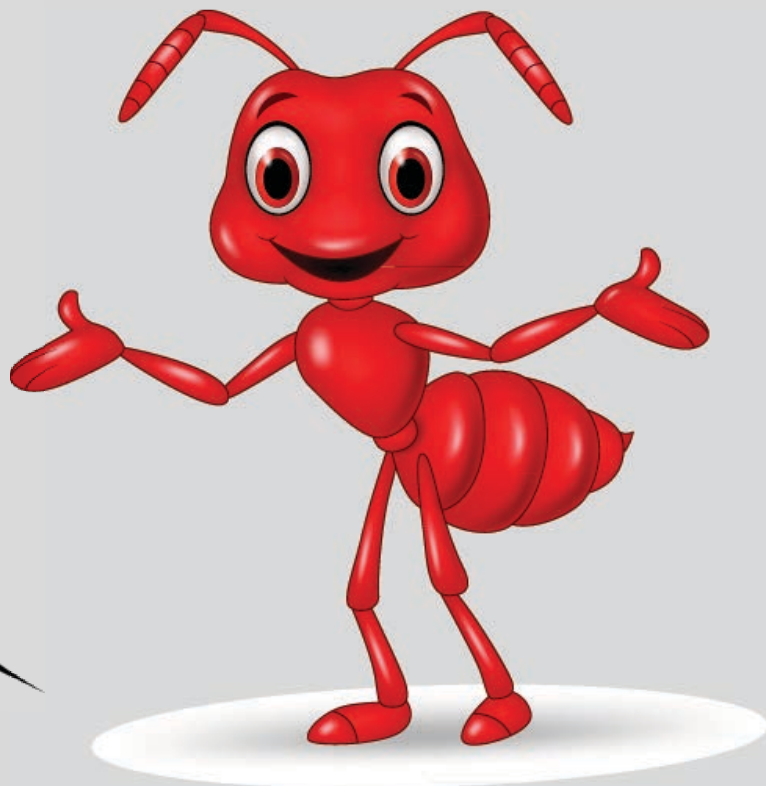
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Ephesians 2:10—"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

WEEK 5

-Determined-

Free from doubt about doing something. Not weak or uncertain.



What are the most important things you've learned during the Academy?

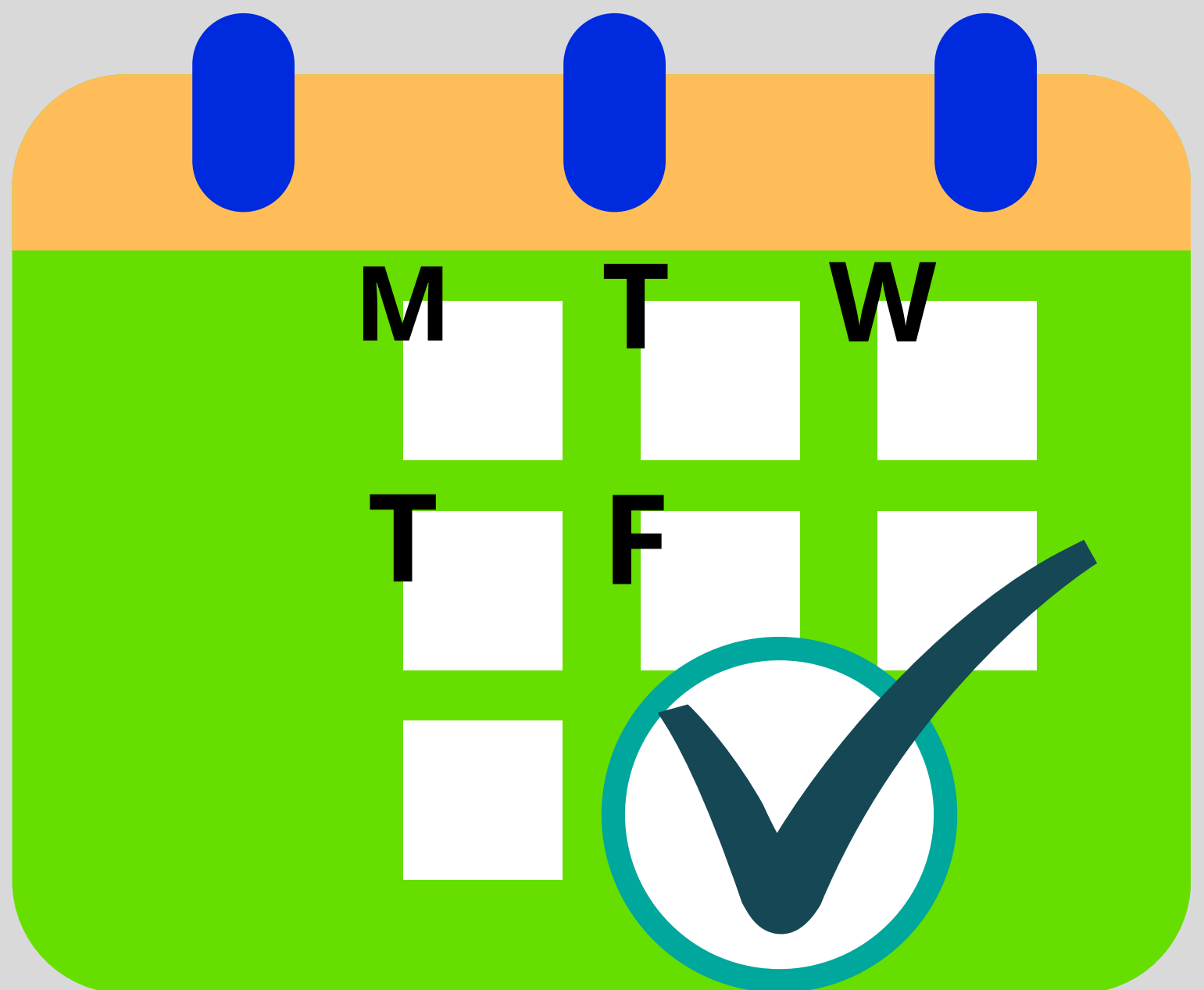
Check off the days you DID complete the challenges

SKILL CHALLENGE

Jump stop into shot- 5 makes each side
Partner One dribble shot fake layup- 5 makes each side
Play 1v1, 2v2, 3v3

CONDITIONING CHALLENGE

Deep Squat Block Jumps
Inchworm Walks (1 minute)
6 Get-Up Sit-Ups
Create a family Olympics (basketball plus 2 more sports)



HEALTHY EATING CHALLENGE

Eat a green vegetable at least 3 times this week.



How will YOU be determined this week?



Hebrews 12:11—"Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it."

WEEK 6

-Curious-

NEVER FORGET:

Your value as a person is
SO MUCH MORE than what
you can do on the court!

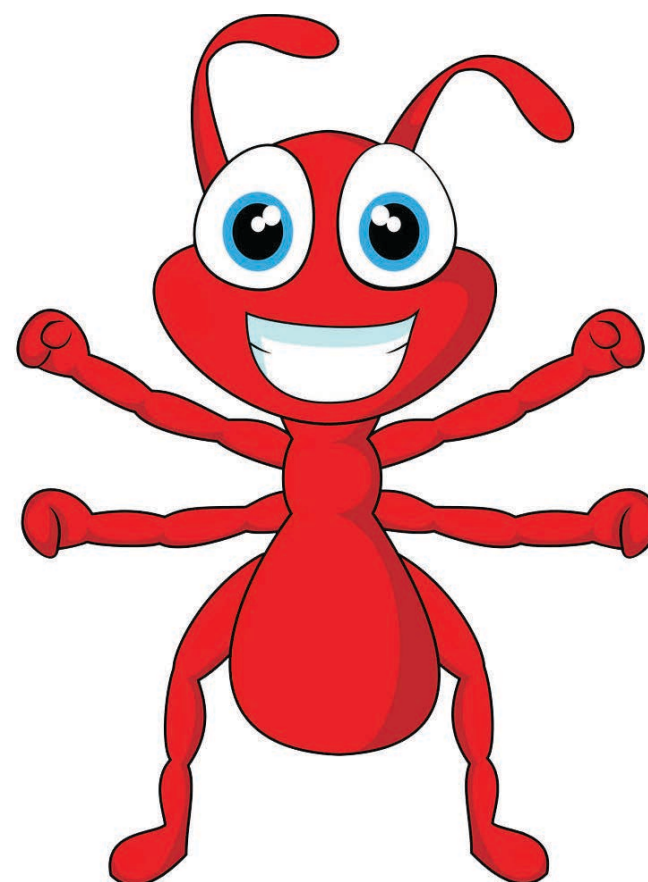
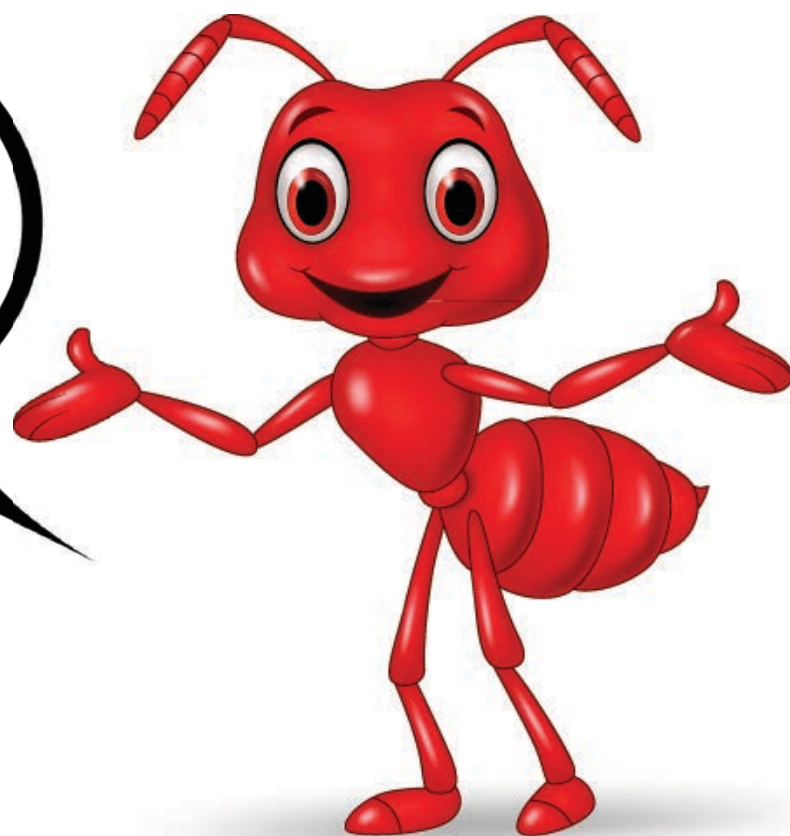
"Never get tired of doing
the right things!" - 2
Thessalonians 3:13

Proverbs 3:6—"Seek His will in
all you do, and He will show you
which path to take."

ALWAYS REMEMBER:

There are NO shortcuts to
becoming a better player, a
better teammate, or a
better person!
To succeed in ANYTHING
you must stay teachable
and work hard!

What did
you learn
the past 6
weeks?



How will
YOU be
curious
from now
on?

Forever Challenges
KEEP PLAYING AS OFTEN AS YOU CAN!!

Thank you guys for hanging out with us the past 6
weeks. We are HONORED to call you a friend!
Remember, You can learn a lot from ants! God has
designed us to be super unique, just like
you!!