

# middle school schedule



VERITAS ACADEMY

## ATHLETICS

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### Wednesday

**1:00pm - 2:00pm - Speed and Ability**

**2:00pm - 3:00pm - Basketball Skills**

**[ Shooting ]**

On Wednesday we will be focusing on shooting and breaking down every players shot. We will make sure that their foot work, form and their release are consistent with what college and pros are taught. Once shooting form is consistent and athletes are comfortable with adjustments, we will begin to chart their progress and provide weekly / monthly updates.

In order to become a proficient or above average shooter, we will emphasize repetitions and adjustments. Your son or daughter in months will notice significant improvement in shooting as we will be shooting thousands of shots per month



### Thursday

**1:00pm - 2:00pm - Strength and Conditioning**

**2:00pm - 3:00pm - Basketball Skills**

**[ Defense / Conditioning ]**

Thursday we will implement all of current week skill development. We will test for undertsanding in a competitive environment. We will work to simulate live game scenarios and settings. We will provide reinforcement and make your athlete fully aware of what they did well as well as focus on areas of improvement