

# February 2019 Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <b>Competition</b> 4:00 – 4:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  5:00 – 5:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>	2	3 <b>Shooting</b> 2:00 – 2:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  3:00 – 3:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>
4 <b>Competition</b> 4:00 – 4:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  <b>Offensive Fundamentals</b> 5:00 – 5:30 pm Grades: 1 <sup>st</sup> – 2 <sup>nd</sup>	5 <b>Competition</b> 4:00 – 4:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>  5:00 – 5:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>	6 <b>Post Play &amp; Paint Skills</b> 4:00 – 4:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  5:00 – 5:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>	7 <b>Post Play &amp; Paint Skills</b> 4:00 – 4:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>  5:00 – 5:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>	8 <b>Shooting</b> 4:00 – 4:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  5:00 – 5:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>	9 <b>Shooting</b> 12:00 – 12:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>  1:00 – 1:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>	10 <b>Breakdown Moves &amp; Finishes</b> 2:00 – 2:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  3:00 – 3:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>
11 <b>Breakdown Moves &amp; Finishes</b> 4:00 – 4:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  5:00 – 5:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>	12 <b>Offensive Fundamentals</b> 4:00 – 4:30 pm Grades: 1 <sup>st</sup> – 2 <sup>nd</sup>  <b>Competition</b> 5:00 – 5:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>	13 <b>Competition</b> 4:00 – 4:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  5:00 – 5:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>	14 <b>Shooting</b> 4:00 – 4:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>  5:00 – 5:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>	15 <b>Shooting</b> 4:00 – 4:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  5:00 – 5:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>	16 <b>Movement, Stability and Agility</b> 12:00 – 12:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>  1:00 – 1:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>	17 <b>Movement, Stability and Agility</b> 2:00 – 2:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  3:00 – 3:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>
18 <b>Breakdown Moves &amp; Finishes</b> 4:00 – 4:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  5:00 – 5:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>	19 <b>Breakdown Moves &amp; Finishes</b> 4:00 – 4:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>  5:00 – 5:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>	20 <b>Competition</b> 4:00 – 4:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  <b>Offensive Fundamentals</b> 5:00 – 5:30 pm Grades: 1 <sup>st</sup> – 2 <sup>nd</sup>	21 <b>Competition</b> 4:00 – 4:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>  5:00 – 5:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>	22 <b>Shooting</b> 4:00 – 4:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  5:00 – 5:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>	23 <b>Shooting</b> 12:00 – 12:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>  1:00 – 1:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>	24 <b>Post Play &amp; Paint Skills</b> 2:00 – 2:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>  3:00 – 3:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>
25 <b>Post Play &amp; Paint Skills</b> 4:00 – 4:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  5:00 – 5:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>	26 <b>Post Play &amp; Paint Skills</b> 4:00 – 4:45 pm Grades: 9 <sup>th</sup> – 12 <sup>th</sup>  5:00 – 5:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>	27 <b>Shooting</b> 4:00 – 4:45 pm Grades: 7 <sup>th</sup> – 8 <sup>th</sup>  5:00 – 5:45 pm Grades: 3 <sup>rd</sup> – 4 <sup>th</sup>	28 <b>Offensive Fundamentals</b> 4:00 – 4:30 pm Grades: 1 <sup>st</sup> – 2 <sup>nd</sup>  <b>Shooting</b> 5:00 – 5:45 pm Grades: 5 <sup>th</sup> – 6 <sup>th</sup>		Classes are free to members, but do have a size limit. See description on the back for class size.	Register for classes via the <a href="#">mobile app</a> , <a href="#">web account</a> or by calling the facility.  <a href="#">Download Today</a>

# SHOOT 360

## Shoot 360 LA

2076 Artesia Blvd.  
Torrance, CA 90504  
424.292.3157

## Store Hours

Monday - Friday 10:00 am - 9:00 pm  
Saturday 10:00 am - 7:00 pm  
Sunday 12:00 pm - 7:00 pm

[www.shoot360/la.com](http://www.shoot360/la.com)

## Class Overview

All classes are 45 minutes in length.

Grade levels are indicated on schedule.

Classes will have a maximum enrollment number.  
(indicated next to the class title)

All classes are co-ed.

[Ways to register for a class.](#)  
[Mobile app.](#) [Web account.](#) [In the facility and over the phone.](#)

If class is full, we will place you on a waiting list.

If you are signed up for a class and can not attend please call to

## Class List and Descriptions

### Ball Handling & Passing (16)

This class teaching ballhandling techniques to help alleviate pressure and reduce turnovers. Escape dribble vs traps, retreat dribble vs pressure, butt ball, dribble reversals, dribbling into a post feed, dribbling to making space, etc. Passing will focus on passes you would use in game situations: Pocket passes, post feeds, skips, hook passes, baseball passes, look backs, chest pass, push pass, etc. Both ballhandling and passing with non-dominant hand will be covered. Also, Series of ballhandling moves incorporating a tennis ball to help improve eye hand coordination will be incorporated as well.

### Breakdown Moves & Finishes (Attack Moves) (12)

Class will cover moves to create space both in the half court and in transition. Hesitation dribbles, playing a shoulders game, 1 move and attack, low cross/high cross, through the legs, playing through the second hit, etc. Also, series of moves and finishes around the rim. Introduce how to use the backboard, how to spin the ball off the glass, how to score on the opposite side of the rim, Euro Step, Yugo Step, step overs, pull backs, spin etc. Triple threat, move vs counter move, inside pivot foot as primary movement, outside pivot foot, sweeps, rips (low and high), order of looks and moves, etc.

### Competition (6) (8) (12)

Competitive 1 on 1, 2 on 2 or 3 on 3 depending on the class size. Games will be played from different spots on the floor and different actions. Limited dribbles, primary move is always to shoot, counter move dependent on defender, which foot to attack, how to create space etc. 2 on 2 and 3 on 3 is where players execute out of common basketball actions: pick and roll, screen away, flare screens, pin downs, cross screens, dribble hand offs and elbow catches.

### Defensive Fundamentals (12)

Every coach loves a great defender. We will cover stance and space appropriate to skill level and athleticism, close out techniques, true definition of ball pressure, push foot concept, how to turn the ball, etc. Rotations when a team mate is beat what the definition of being beat is how to recover.

### Movement, Stability and Agility (12)

Movements designed specifically for basketball. How to maintain balance, slide and run. E.g. where to push off on a euro step, how to plant and push with equal force when shooting on the move, double jumps, how to pivot on the move to change direction, etc. Using the ladder to help coordinate and quicken your feet.

### Offensive Fundamentals (6)

(1<sup>st</sup>-2<sup>nd</sup> grade)

Working with the younger members on the fundamentals and rules of the game. Teach proper form and footwork for all aspects on the game of basketball.

### Post Play & Paint Skills (8)

Want to be an effective scorer around the rim? This class will cover sealing/foot fight/positioning, how to catch the ball, move/countermove, middle check, playing from short corners to elbows, etc. Also covered, once you get into the paint off the drive how to pivot create space and score around the rim. Different finishes and shots.

### Shooting (12)

This class is to improve your ability to shoot while moving and how to prepare to shoot when you don't have the ball. We also will teach how to use both feet: Right-Left, Left-Right and the hop. We will also cover shooting off the dribble 1 and 2 dribble pullups, floater use of the glass from all angles, step overs and step backs. Screening angles, timing, reading screen actions including pin downs, flares, down screens, fades, back cuts etc. Movement off dribble penetration and being read to shoot or dive depending on defender.