

# PLAYMAKER COLLEGE



COURSE SCHEDULE SNEAK PEEK

## DAY ONE

<b>CHECK-IN</b>	11:00AM - 12:30PM	Welcome to PGC. We're excited you're here!
<b>CLASS</b>	1:00PM - 3:00PM	How to be a special player and maximize the experience
<b>GYM</b>	3:00PM - 5:15PM	Being powerful with the ball
<b>DINNER</b>	5:15PM - 6:15PM	
<b>CLASS</b>	6:15PM - 7:15PM	How to change your state for peak performance
<b>GYM</b>	7:15PM - 9:15PM	How to go fast, then stop on a dime

## HIGHLIGHTS

### CLASS

- Why you should stop comparing yourself to others
- How to know if you're an energy taker or giver

### GYM

- Learn the 3 reads playmakers consistently make
- How to play with power and own your space

### FILM

- Where to direct your eyes
- How to play powerful

# DAY TWO



**BREAKFAST** 7:45AM - 8:45AM

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**CLASS** 9:00AM - 10:00AM Do this and become the leader every coach wants

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**GYM** 10:00AM - 12:15PM How to move a defender and attack 1-on-1

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**LUNCH** 12:15PM - 1:15PM

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**CLASS** 1:15PM - 2:15PM How to improve your self talk and attitudinal fitness

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**GYM** 2:30PM - 4:45PM Handling the ball in transition and passing vs. pressure

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**DINNER** 5:15PM - 6:15PM

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**CLASS** 6:15PM - 7:15PM How to build habits that last

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**GYM** 7:15PM- 9:15PM How to play smart in full transition

## HIGHLIGHTS

### CLASS

- 3 ways to get your teammates to play better
- 4 specific ways to strengthen your mind

### GYM

- Movement and spacing training
- Pass against pressure and beat double teams

### FILM

- Become a better passer with this one type of pass
- How to make fakes that actually work

# DAY THREE



**BREAKFAST** 7:45AM - 8:45AM

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**CLASS** 9:00AM - 10:00AM How to work through setbacks & develop a growth mindset

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**GYM** 10:00AM - 12:15PM Attacking 2v2 and 4v4 | Small sided games

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**LUNCH** 12:15PM - 1:15PM

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**CLASS** 1:15PM - 2:15PM The art of listening & why attention to detail matters

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**GYM** 2:15PM - 4:45PM How to beat pressure and the 5 keys to defense

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**DINNER** 5:15PM - 6:15PM

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**CLASS** 6:15PM - 7:15PM Navigating the Peaks, plateaus, and pits of life (and basketball)

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**GYM** 7:15PM- 9:15PM How to lead a team and ultimate basketball competition

## HIGHLIGHTS

### CLASS

- How to avoid having a fixed mindset
- 3 secrets to listening few know about

### GYM

- How to get by a defender (1 on 1 and 2 on 2 training)
- How to master individual AND team defense

### FILM

- How to make the correct game-like reads consistently
- How to become a lockdown defender

# DAY FOUR



**BREAKFAST** 7:45AM - 8:45AM

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**CLASS** 9:00AM - 10:00AM The power of appreciation and secret to success

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**GYM** 10:00AM - 12:15PM How to excel in half court offense AND defense

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**LUNCH** 12:15PM - 1:15PM

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**CLASS** 1:15PM - 2:15PM How to impact leadership, playing time, and influence

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**GYM** 2:15PM - 4:30PM How to pass through pressure and competitions

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**DINNER** 5:15PM - 6:15PM

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**CLASS** 6:15PM - 8:15PM The art of meeting new people, leadership training, and the final competition

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**GYM** 8:15PM - 11:00PM The ultimate challenge final competition

## HIGHLIGHTS

### CLASS

- One action top business leaders apply daily
- When you meet someone new, STOP doing this one thing

### GYM

- Final night competition

### FILM

- How to perform under pressure Handling Pressure
- Why play off two feet (part 2)

# DAY FIVE



**BREAKFAST** 8:00AM - 8:45AM

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**CLASS** 9:00AM - 11:00AM Final Exam & Closing Ceremonies

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**CHECK-OUT** 11:00AM - 12:15PM



"I was blown away by the level of teaching my son received. I immediately sensed he has a higher confidence in himself as a basketball player, a leader, and a communicator."

– *Billy Lange, Head Coach Saint Joseph's University*

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"A must for any young player that wants to advance to the next level – whether high school, college, or even the NBA."

– *Donnie Walsh, President of Basketball Operations Indiana Pacers*

