



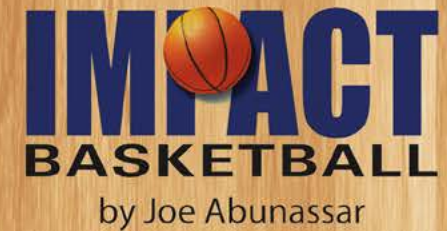
Team Training Program

IMPACT
BASKETBALL

by Joe Abunassar



TEAM TRAINING



Impact Basketball is very proud of our extensive productive tradition of training teams from around the world as they prepare for upcoming events, seasons, or tournament competition. It is with great honor that we help your team to be at its very best through our comprehensive training and team-building program.

The Impact Basketball Team Training Program will give your players a chance to train together in a focused environment with demanding on-court offensive and defensive skill training along with intense off-court strength and conditioning training. The experienced Impact Basketball staff will provide the team with a truly unique bonding experience through training and competition, as well as off-court team building activities. Designated team practice times and live games against high-level American players, including NBA players, provide teams with an opportunity to prepare for their upcoming competition while also developing individually.

Each team's program will be completely customized to fit their schedule, with direct consultation from the team's coaching staff and management. We will integrate any and all concepts that the coaching staff would like to implement and focus the training on areas that the team's coaches have deemed deficient. Our incorporation of off-site training and team-building exercises make this a one-of-a-kind opportunity for team and individual development. We have the ability to provide training options for the entire team or for a smaller group of the team's players.

The Impact staff can help set up all the housing, food, and transportation needs for the team.

- A wide-variety of housing/hotel accommodations, food, and transportation options available to work for ANY budget
- The Impact Team Training Program is available at any time, for any duration, for any amount of players.

Training program includes:

- On-court positional basketball skill training
- Strength and Conditioning; power, speed, agility, flexibility, injury prevention
- Athletic testing and body-composition evaluation
- Team-building exercises
- Team practice times
- Live games against high-level players

THE TRAINING PROGRAM



Impact Basketball has established a consistent and very effective program that allows players the chance to address weaknesses in their games and bodies, work daily on improving them, and the ability to play competitive games with referees against professional players.

Impact will provide a fully-integrated and world-class training system for the players. Our sole intention is to deliver the absolute best basketball training program in the world to your team in a professional, exclusive environment, to both enhance basketball skills and the team's abilities.

With the team's schedule in mind, the players will be pushed to their physical limits while not compromising health or unnecessarily risking injury. The strength and conditioning program will be based on an initial physical evaluation of each player and formulated to address the biomechanical deficiencies of each player in order to prevent injuries while also:

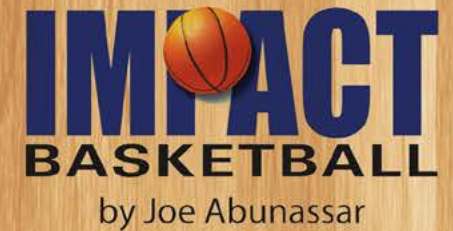
- Increasing flexibility and joint stability
- Increasing core strength and balance
- Increasing power output
- Increasing overall strength and improving body composition
- Improving lateral and linear agility and reaction
- Increasing cardiovascular capacity and general conditioning

The team's coaches are strongly encouraged to give as much input as they would like. Our goal is simply to make the players better at what the coaches need them to do. Impact will create a customized plan for the team based on discussions with team personnel, making sure that the end result is players that are vastly improved in all areas, more confident and mentally stronger, and ready to compete. While the training will focus on individual improvement for each player, it will be built in the context of what the team needs that player to do to become a better team next season. The key will be the ability to analyze every aspect of the player's body, game, and overall results of his recent season to identify EXACTLY what needs to be done to improve.

The daily schedules can be customized to fit the needs of each player, but the overall structure remains consistent. The results of our training program are best when combined with specific and regular rest/recovery dates, ideally every 3rd day with 1 complete day off per week (usually Sunday).



ON-COURT SKILL DEVELOPMENT



- Identify main goals for on-the-court improvement and begin process to address each area.
- Basketball improvement is the main focus of the training. Endless attention to detail, and repetitions at game speed will allow players to improve quickly while also getting in better physical condition.
- The intensity of workouts on the court will be coordinated to make sure players are peaking at the right time and allowing their bodies time to recover.
- The basic progression will be to increase intensity, allow recovery, then increase intensity even more once body is recovered. This will lead to a higher level of fitness and performance in all areas.
- Live games, and situational action against other high-level players with referees; 1-on-1, 3-on-3, 4-on-4, and 5-on-5.
- Our unique combination of team training and individual skill development will help the team to grow together while also promoting individual development.
- Players will be challenged to expand their skill sets while also sharpening their existing ability.
- Situational training will provide players with competitive outlets to master their new and refined skills.



A. Ball-Handling

- i. On-court drills focusing in on the basics of ball-handling and advancing to high intensity and high level drills to create more control with the ball.
- ii. 3 Essential Drill Styles: Stationary, Dynamic, Combination

B. Shooting

Instructional drills detailing the fundamentals of shooting to improve shooting for every player, in every situation.

- i. Key elements of shooting
- ii. Form shooting
- iii. Spot shooting
- iv. Shooting off the move

C. Offensive Scoring Moves

Instructional drills focusing on creating more dangerous offensive players in every aspect.

- i. Key Elements of Scoring off the dribble
- ii. Drill Sections for scoring off the dribble
- iii. Ball screen series
- iv. Transition dribble drilling section
- v. Post play and isolation scoring
- vi. Runners / Floaters / at rim finishes

D. Defense

Drills addressing the fundamental movements of defensive play to get players better equipped for team's defensive scheme

- i. Key elements of defensive play
- ii. Essential components of individual defense
- iii. Essential drills for defense
- iv. Live action situational training

E. Conditioning

Training to get all players in elite shape, safely and efficiently



STRENGTH AND CONDITIONING

1. Biomechanical Evaluation

- Assess joint function & mobility and core muscular stability which will help to determine mechanical limitations, overcompensations and leaks of power. The information will enable the development of a training program that addresses specific structural deficiencies or areas of concern and set a plan of corrective exercise.
- It will also ensure that as we push hard through the training program, we can make sure players stay healthy and are at 100% the entire time to maximize the training.

2. Performance Testing

- A series of measurable physical assessments related to strength, power, speed and cardiovascular strength that will set a base-line for program development and monitoring progress

3. Energy System Development

- Through a variation of conditioning training methods, we will improve each player's cardiovascular capacity.

4. Pillar/Foundational Strength

- Functional core strength development to match basketball specific needs
- Emphasis on stabilization of the core: Shoulders, Hips, Deep Abdominals, developing proprioception, Balance & Body Control
- Strength and power development through weight and endurance training

5. Movement Training

- A combination of linear movement, lateral agility, and reaction training will help players increase their capacity to more efficiently and effectively move in all directions on the court.

6. Body Weight & Composition

- Body fat testing will determine ideal playing weight and body fat/lean muscle ratio

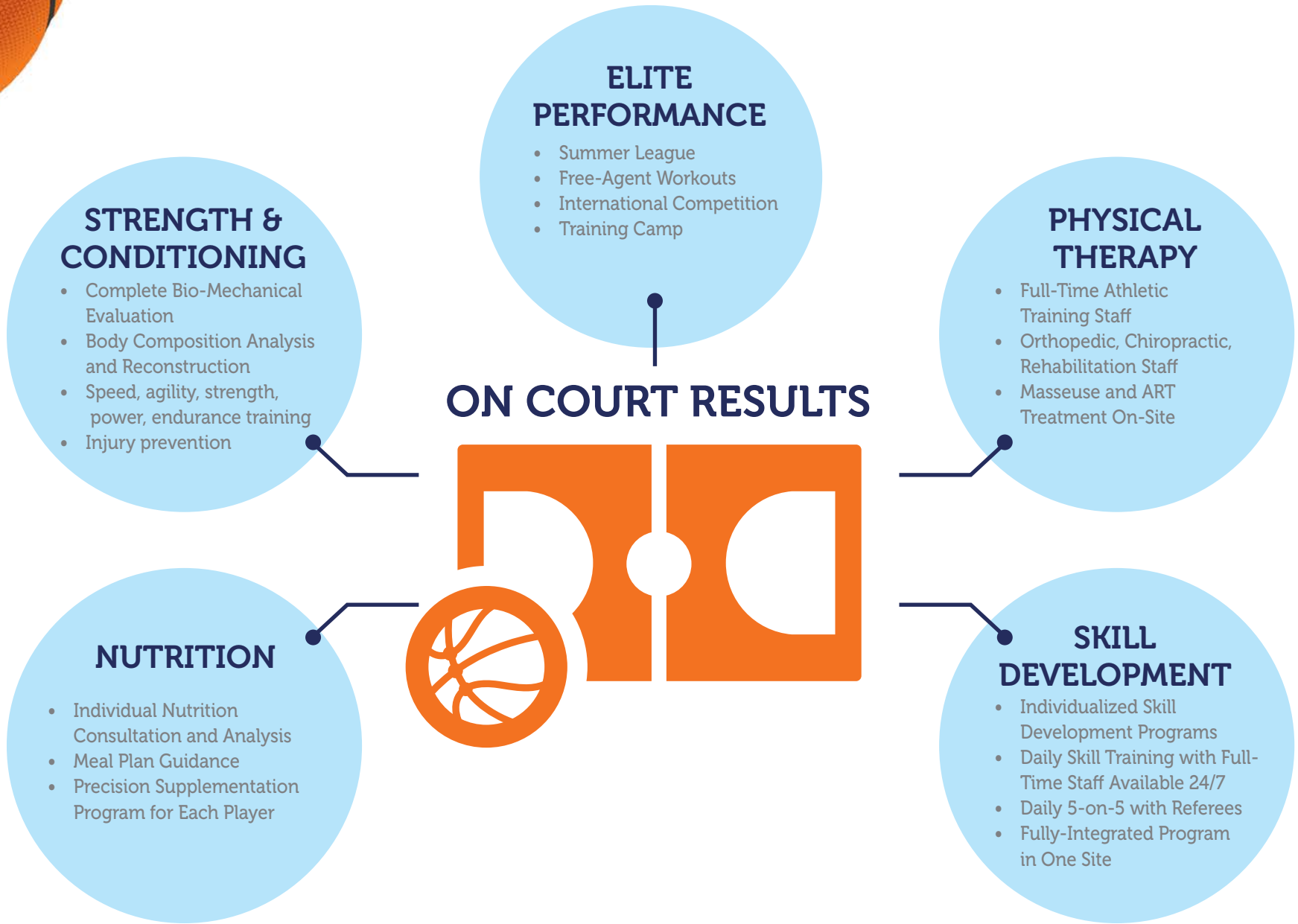
SAMPLE DAILY SCHEDULE



Time	Activity
8:00 AM	Team arrives at Impact Training Facility
8:00 AM - 8:30 AM	Individual athletic training Physical therapy Movement preparation
8:30 AM - 9:00 AM	Team Dynamic Activation
9:00 AM - 10:30 AM	** Position-specific small group on-court skill development training session
10:30 AM - 12:00 PM	Small Group Performance Training Session <ul style="list-style-type: none"> • Plyometric Explosive Vertical Jump Training • Agility training • Strength training
12:00 PM - 12:30 PM	Individual Regeneration, Cool Down, Stretching
1:00 PM – 4:00PM	Team Lunch and Break
4:00 PM – 6:00PM	Afternoon Flex Session <ul style="list-style-type: none"> • Live games, team practice, skill development training, extra shooting, conditioning, team drills
7:00PM	Team Dinner



PROFESSIONAL TRAINING



OUR NBA DRAFT PREPARATION RESULTS



2006

#7 Randy Foye
#9 Patrick O'Bryant
#13 Thabo Sefolosha
#15 Cedric Simmons
#17 Shawne Williams
#19 Quincy Douby
#20 Renaldo Balkman
#22 Marcus Williams
#24 Kyle Lowry

2007

#6 Yi Jianlian #34 Nick Fazekas
#7 Corey Brewer #36 Jermario Davidson
#9 Joakim Noah #37 Josh McRoberts
#10 Spencer Hawes #41 Chris Richard
#11 Acie Law IV #43 Adam Haluska
#22 Jared Dudley #46 Stephane Lasme
#26 Aaron Brooks #49 Aaron Gray
#32 Gabe Pruitt #52 Taurean Green
#33 Marcus Williams #57 Sammy Mejia

2008

#5 Kevin Love #41 Nathan Jawai
#8 Joe Alexander #48 Malik Hairston
#16 Marreese Speights #49 Richard Hendrix
#19 JJ Hickson #56 Sasha Kaun
#23 Kosta Koufos #59 Deron Washington
#24 Serge Ibaka #60 Semih Erden
#36 Omar Asik
#37 Luc Mbah a Moute
#39 Sonny Weems

2009

#5 Ricky Rubio
#14 Earl Clark
#15 Austin Daye
#17 Jrue Holiday
#24 Byron Mullens
#26 Taj Gibson
#27 DeMarre Carroll
#45 Nick Calathes
#54 Robert Vaden

2010

#1 John Wall #43 Devin Ebanks
#19 Avery Bradley #44 Jerome Jordan
#20 James Anderson #46 Gani Lawal
#21 Craig Brackins #48 Latavious Williams
#23 Trevor Booker #59 Stanley Robinson
#34 Armon Johnson #60 Dwayne Collins
#36 Terrico White
#40 Lance Stephenson
#41 Jarvis Varnado

2011

#12 Alec Burks
#15 Kawhi Leonard
#36 Jordan Williams
#41 Darius Morris
#43 Malcolm Lee
#48 Keith Benson
#49 Josh Selby
#51 Jon Diebler
#60 Isaiah Thomas

2012

#4 Dion Waiters
#8 Terrence Ross
#25 Tony Wroten Jr.
#27 Arnett Moultrie
#32 Tomas Satoransky
#38 Quincy Miller
#43 Mike Scott
#45 Justin Hamilton
#49 Kyle O'Quinn
#50 Izzet Turkyilmaz

2013

#1 Anthony Bennett
#16 Lucas Nogueira
#19 Sergey Karasev
#26 Andre Roberson
#36 Ray McCallum
#41 Jamaal Franklin
#45 Pierre Jackson
#47 Raul Neto
#48 Ryan Kelly

#49 Erik Murphy
#52 Lorenzo Brown
#53 Colton Iverson
#56 Peyton Siva
#58 Deshaun Thomas
#60 Janis Timma

2014

#10 Elfrid Payton #40 Markel Brown
#14 TJ Warren #45 Dwight Powell
#17 James Young #47 Russ Smith
#19 Gary Harris #48 Lamar Patterson
#28 CJ Wilcox #49 Cameron Bairstow
#29 Josh Huestis #59 Xavier Thames
#32 KJ McDaniels
#40 Glenn Robinson Jr.

2015

#1 Karl-Anthony Towns #21 Justin Anderson
#2 D'Angelo Russell #23 R. Hollis-Jefferson
#4 Kristaps Porzingis #25 Jarell Martin
#6 Willie Cauley-Stein #35 G. Hernangomez
#7 Emmanuel Mudiay #36 Rakeem Christmas
#11 Myles Turner #48 Dakari Johnson
#13 Devin Booker #50 Marcus Eriksson
#17 Rashad Vaughn #55 Cady Lalanne

2016

#3 Jaylen Brown
#21 DeAndre Bembry
#22 Malachi Richardson
#25 Brice Johnson
#41 Stephen Zimmerman
#42 Isaiah Whitehead
#59 Isaiah Cousins

IMPACT BASKETBALL

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"Impact has helped me set the tone for my career. I see improvement in all areas from the system."

- Serge Ibaka

Learn • Develop • Evolve

"There is no better training system than Impact." – Serge Ibaka

"Training with Impact is the best thing a player can do for his career." – Kyle Lowry

"I wasn't supposed to get drafted, but Impact is THE factor that helped me to get selected in the 2nd Round." -Kyle O'Quinn

Team Training • Professional Training
NBA Draft Preparation

