

Overview/Program Description

Team New York Tough Training is a personalized approach to skill development in the areas of shooting, ball-handling, a combination of the two, and film study done in a 1-on-1, small-group and large group (your choice) setting on the courts of NYC. This opportunity is only available for a limited time (August 6th-26th).

As a participant you will receive:

- A wristband of your choice (4 options available)
- An analysis/assessment:
 - Things to work on
 - Important takeaways
 - Some tricks and tips about the mental side of the game
- my personal contact information

Workout Overview

Shooting	Ballhandling	Complete
<p>Emphasis: Quality Repetition</p> <p>KEYS</p> <p>Footwork</p> <p>Hand placement</p> <p>-Quick release work</p> <p>C & S:</p> <p>-midrange</p> <p>-threes</p> <p>-deep threes</p> <p>Pullups:</p> <p>-midrange</p> <p>-threes</p> <p>Creating space:</p> <p>-stepbacks</p> <p>-sidesteps</p> <p>-foot</p> <p>-drag (front and back)</p>	<p>Emphasis: Change of pace and direction</p> <p>KEYS</p> <p>Eyes</p> <p>Hands</p> <p>Manipulation of the ball</p> <p>-Basic Moves (stationary & on the move)</p> <p>-More complex single moves</p> <p>-Effective combos</p> <p>-Situational ballhandling</p> <p>-Ballhandling on the move</p>	<p>Emphasis: Making reads with the ball</p> <p>C & S:</p> <p>-midrange</p> <p>-threes</p> <p>-deep threes</p> <p>Pullups:</p> <p>-midrange</p> <p>-threes</p> <p>Catch & Read (+fakes)</p> <p>Middle, side and drag ball screens:</p> <p>Hard hedge</p> <p>Ice</p> <p>Flat</p> <p>Under</p>

Who is New York Tough?

Jordan Nixon. Mcdonald's All American. Miss New York 2018. Point guard at Texas A & M University.

Email: aprblem@gmail.com (preferred)

Twitter: @shakejordan

Instagram: @xinj.jnix

Hours: by appointment

<https://startbooking.me/newyorktough#start-booking-services>

Website: aprblem.com

Founder statement: A shy girl from Harlem who hated basketball camps growing up is now a senior in college who wants to give people like that young girl an opportunity to grow and achieve their goals playing this sport. For the people who want to know more, do more, and take it to another level with my guidance, this was created for you.

Where?

Basketball courts (Located between 119th and 120th Morningside Ave. New York, NY. 10027)



Why?

We are here to encourage and amplify the “New York Tough” mentality, one of courage, resilience and level-headedness under pressure to those who are pursuing their hoop dreams while also cultivating a growth mindset in terms of skill development in the game of basketball.

Each participant will receive an analysis that includes:

Things to work on

Important takeaways

Some tricks and tips about the mental side of the game

Leadership tips

- communication

- identity

- developing relationships

- inspiring yourself and others

Mental

- self-talk

- visualization

- goal setting

- focus

Access to me personally for any questions you may have regarding all facets of the game

What to bring:

Water

Sneakers and socks

Towel (if necessary)

Paper + writing utensil (for notes)

A basketball

Sunscreen

Inhaler (if necessary)

Snacks (please eat and hydrate before your workout)

Whatever else you may need for training

****If you are not okay with working out in high heat or sunny conditions, please don't sign up for this program!****

After booking:

Please fill out this form after booking your session, or at the latest the night before in order for me to personalize the workout.

<https://forms.gle/OFSR3OPdMbR3M13P8>

Our Quality Guarantee

What you will receive (after your session):

- Team New York Tough wristband
- summary of all that we worked on
- my personal phone number

Payment

	IND	SG (2-6)	LG (6-10)	FILM
30 MINS	IND	SG	LG	FILM
Shooting	20	40	████████	████████
BH	25	50	████████	████████
Complete	30	60	████████	20
45 MINS	████████	████████	LG	FILM
Shooting	████████	████████	████████	████████
BH	████████	████████	████████	████████
Complete	████████	████████	125	████████
60 MINS	IND	SG	████████	████████
Shooting	40	70	████████	X
BH	45	80	████████	X
Complete	50	90	████████	40
90 MINS	████████	████████	LG	████████
Complete	████████	████████	150	████████

Photographer Fee:

Cashapp or Zelle accepted. NO CASH payments.*NO REFUNDS WILL BE ACCEPTED ONCE YOU HAVE PAID FOR PHOTOGRAPHS.

30 min individual: \$25

60 min individual: \$50

30 min small group: \$30 (max: \$12.50 per kid; min: \$5 per kid)

60 min small group: \$50 (max: \$25 per kid; min: approx \$8.33 per kid)

45 min large group: \$35 (max: \$6 per kid; min: \$3.50 per kid)

90 min large group: \$70 (max: \$11.70 per kid; min: \$7.00 per kid)

A link will be shared with you containing all of the pictures from your session once our photographer is done editing them. After receiving the link, the photographs are yours to keep. If you plan to post on social media, feel free to tag both @shotsbytoby_ and @teamnewyorktough!

NOTE: Please be sure to give the photographer credit for his work if/when you post on social media.

POLICIES AND EXPECTATIONS

FAQS

What is the skill level requirement?

No required skill level; only a willingness to learn and improve.

What do we offer?

Insight into what it takes to play at the highest level of collegiate basketball and how to get better.

How much does a session cost?

Prices vary based on type and number of participants.

What do I need to do before my session?

Every individual/group is *strongly encouraged* to fill out the TNYT Questionnaire (<https://forms.gle/QFSR3QPdMbR3M13P8>) as soon as the session is booked. It will help me tailor your workout to you personally thereby optimizing our workout.

What if the weather doesn't permit?

If the weather does not permit, we will reschedule.

What if I need to cancel?

Cancel two hours before and you can reschedule or get 50% refund. Cancel 24+ hours before and get a FULL refund.

NO SHOW POLICY

If you do not show up for your session, you will not be given a REFUND.

****Parent/Guardian must be present during the session for people under the age of 14**

****If this isn't possible for you, please communicate this when you schedule your session OR as soon as you can BEFORE your session**

Train with us.
Join Team New York Tough.