

# GOING VERTICAL BASKETBALL ACADEMY

Powered by the Coach Barnes Basketball Academy

Our program is designed to reach the beginner, intermediate, and advanced team player through professional drills that range from basic to complex techniques needed to perfect your game. Our professional coaching staff, which is led by Professional Strategic Skills Coach Adam Barnes, will help players of all ages and skill levels develop a love for the game of basketball, strengthen their skills, improve their understanding of the game (IQ), and help give them the edge they need to become the best player they can be!

## OUR FOCUS:

- Dynamic Flexibility
- Core Strengthening Exercises
- Basketball Specific Conditioning
- Quickness, Agility, and Footwork
- Proper Shooting Techniques
- Defense and Rebounding Drills
- Proper Ball Handling Fundamentals
- Attack and Finishing Moves
- Passing Drills and Spacing Principles
- Screen and Roll Offense and Defense Principles



## WE PROVIDE:

- One-On-One Skill Development
- Small Group Skill Development
- AAU / Team Training
- Individual Workout Plans
- Skill Specific Training
- Sports Performance & Mobility Training
- Nutritional Consulting
- Video Breakdown and Recruiting Service

## WHO WE WORK WITH:

- Youth
- Middle School
- High School
- College (All Levels)
- Professionals



## OUR STAFF:

- Adam Barnes, Jason Dourisseau, Vernon Davis, Scottie Davis (and others)
  - 13+ Years of Professional Playing Experience
  - Trained over 250 Collegiate and Professional Players
  - 25+ Years of Coaching Experience

**LOCATION:** Going Vertical (10700 Sapp Brothers Dr, Omaha, NE 68138)

**WWW.GOINGVERTICALOMAHA.COM**