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8th Prime Blue

## Program Update

We are in the last few weeks of our first Winter Academy, which has been a huge success. Our younger players have improved their footwork and fundamentals so much over the last few months, everyone is holding their follow through, accelerating to the rim, and showing improved ball-handling skills. Our older players are learning advance one on one offensive skills off the dribble, catch, and jab. All of these players are learning what they should be doing on their own to be the best players they can be.

**Registration is available for our Spring program. This is our 14th spring of developing players! We have been full the last three years, sign up now if interested!**

Our teams finished another successful trip to LA for the MLK weekend tournament. As always, it was a great learning experience for our teams as they saw some great talent and bonded as program. Our teams continue to prove we are amongst the most competitive in Northern California without sacrificing great habits and fundamentals like man to man defense and great motion offense.

Congratulations to Marco Mata, for the second straight month he won the "Ultimate Grind" award, given to players who train twice a week for a full month at the Ultimate Fieldhouse. He set the record for most training sessions in a month in January. Marco is "doing his part", we are confident he will be a GREAT player by high school!



5th Prime Blue player Marco Mata, winner of the Ultimate Grind award for the 2nd time



Sam Vasconi - 6th Prime Blue

## Players of the Month

ASA and Prime's success has always been about the hard work of our players and their improvement over the years in our program. Nobody works harder in practices and workouts than our players, but it's the motivation to take the skills and drills we teach home and master them that makes some of our players stand out over the years!

We would like to recognize the following players for standing out in January with their work ethic and performance on the court:

### ASA WINTER PROGRAM:

- **Zachary Neitz:** Zachary has the potential to be a great player! One of the hardest workers in our academy, he stands out with his effort and fundamentals. Learning these concepts so young as a 3rd grader, we are excited about his future!
- **Tommy Meriam:** Tommy is a brand new 7th grader to our program. Our coaches unanimously selected Tommy due to his amazing work ethic.

### PRIME:

- **Colin Pangilinan:** A great player on our 4th Prime Blue team, Colin rarely misses a game or practice. He has the potential to be a Prime legend someday!
- **Sam Vasconi:** Sam is one of the most improved players in the program. A standout player on our 6th Prime Blue team, nobody is in the gym more than Sam! Keep up the hard work!
- **Stephen Voorhees:** Stephen has really stepped up his performance on the court. As he works on his game at home more and more, he is displaying a fabulous array of post moves in our games!
- **Caden Ridley:** Caden, who is spending his first year in the program, has really stepped up his performance in games and in practice. We believe Caden could be one of the best competitors we've had by the time he's done!

## Alumni Success On the Court

The winter is an exciting time of the year as we get a chance to see former ASA players thriving at the high school and college levels. As highlighted on our website, we have around 100 former players playing Varsity basketball, and currently 22 players competing at the college level.

Considering how new our "Prime" year-round tournament teams are (first group are current seniors in high school), we expect these numbers to keep growing and growing!



Mac Hoffman - Senior at West Point

[Click here to see a list of our alumni currently playing Varsity, collegiately, and professionally](#)

### ALUMNI SPOTLIGHT:

[MAC HOFFMAN - SENIOR - ARMY WEST POINT](#)

Mac joined ASA in 7th grade and played in the program throughout much of his HS career. After a year of learning great habits, fundamentals, and how to compete Mac really started to stand out as an elite player. Mac is a great example of a player who benefitted from being in our system as he learned quality guard skills on both ends of the floor which he now uses as a college player. Mac learned to be a "basketball player", not a "center" where he had been stuck his entire career.

Mac currently averages 22 minutes a game for Army, averaging over 6 points a game and shooting over 55% from the field. He is averaging over 6 rebounds a game as well. **Mac is a standout student as well, recently receiving a spot on the [coSIDA Academic All-District team!](#)**

**Words from Mac Hoffman:** *"Thinking back on my ASA days, I don't think I would have had the opportunity to play college basketball without ASA. It helped me improve my game, offensively and defensively, and provided me with an opportunity to compete against great players in the area. Most importantly, I think ASA helped me begin to understand what it means to work hard and how to compete at a high level. That's something not many kids are exposed to at a young age. It makes a world of difference down the road."*



Monday Skill Session at the Ultimate Fieldhouse.

## Prime Update

After a successful trip to Anaheim our teams are gearing up for the second half of the season. Our teams play between 15 and 20 tournaments a year, and practice two to three times a week depending on grade level. This is an exciting time as our players are really developing habits and it starts to showcase itself on the court! Our focus is on long term development and our teams play man to man defense without running around trapping. This is very challenging for our teams as everyone else is playing zone and trapping because it's easy to win youth games, with players not being strong enough to pass across the court and shoot from deep. Offensively, we

don't have "positions", every player learns to be a basketball player, which really helps them in the long run.

**Monday Skill Sessions:** Our 6th-8th grade teams have a third practice a week, which is a skill session in the training room at the Ultimate Fieldhouse. Players go through college level workout, with a half hour on the shooting machines and a half hour of post work, jab series, and shooting off the dribble. Players have been challenged and learned advanced skills and drills which they can take home and perfect on their own. An additional 20 minutes is spent after the workout with player led dribbling drills utilizing one ball, 2 ball, and tennis ball drills.

[Great article on teaching zone at the youth level](#)

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## Social Media Update

This month we will be starting to deliver a lot of great content on our Facebook, Twitter, and Instagram pages. We plan on providing training videos, motivational materials, and even live streams of our practices and workouts! Our plan is to continue to try to educate parents and players on what to work on at home, and even perhaps watch a practice and learn from our coaches from home! Please connect with us:



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## Spotlight Drill Series of the Month

This month we spotlight a great dribbling and shooting set, the 3 cone triangle series. This is a drill to improve game speed ball-handling as well as shooting off the dribble. You can add to it as you get more and more advanced. Please see the short video below to learn more about the "3 Cone Triangle Series":



You can see more of our players doing this drill in action in our latest video on our [facebook page!](#)

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Thank you for reading about some exciting news and developments within our ASA family! Players, keep working on your game on a daily basis, all you need is a ball, a basket, and a passion to be the best you can be! We hope to see you on the court in 2017!

[Visit our Website](#)

STAY CONNECTED:

