

BASKETBALL IQ



Basketball players require mental toughness & understanding, not just physical tools. Each day players take part in classroom sessions so they can develop their basketball IQ, learn in-depth basketball concepts, & learn the game at a higher level.



We cover specific training techniques, nutrition, history of the game, & in-game strategy. Our players leave Global Squad prepared to out-think their opponents.

FILM SESSION

Film session is run by the coach of each team & is a key part of the Global Squad classroom. Players are able to see themselves the way coaches see them. Mistakes are easily addressed & constructive criticism is more effective.

GUEST SPEAKERS

We have an exciting lineup of potential guest speakers from Duke University, Harvard University, & elite basketball programs. The final list of scheduled guest speakers will be announced in the spring.