

STEVE MIX TRAINING CLINIC

VILLANOVA UNIVERSITY

Jake Nevin Fieldhouse

January 10, 2010

Time: 2:00pm-6:00pm



MASTER THE POST

LEARN HOW TO PLAY LIKE A CHAMPION
WITH STEVE MIX



Mix played thirteen years in the NBA, has worked with the Philadelphia 76ers, the Canadian men's national team, and most recently was hired by the NBA as a development coach for the NBDL (the NBA's Developmental League). Coach Mix is also a professional basketball trainer and trains top high school, college and NBA players. Players that Coach Mix has worked with have gone on to play at Villanova, Drexel, Notre Dame, Cleveland State, Miami, Toledo, Youngstown State, Providence, Bowling Green, Tennessee-Martin, USC, Michigan, Mount St. Mary's, North Florida, Purdue, Pennsylvania, William and Mary, Eastern Michigan, Dayton, Central Michigan, Oakland, George Washington, Xavier, Florida State, Bucknell, Long Island, Slippery Rock, Charleston, Gannon, Lake Superior State, Findlay, Ashland, and a host of Division III schools. These are just a few colleges or universities that over 130 players have gone on to extend their playing careers. These scholarships represent millions of dollars in scholarship monies. Coach Mix has most recently worked with players from the University of Toledo, Drexel and LaSalle Universities. Let Coach Mix help you improve your individual post skills, which will in turn improve your team.

This is their opportunity for you to learn from a former NBA All-Star. Coach Mix will show you how to improve and change your game so you can take your team to the next level. You will have new moves in your arsenal in time for the season.

POST — There are six areas to score in while playing the post. The first area I will work on with you is how to score while running the floor. The other areas are with your back to the basket and reverse pivots while playing on the block. Players will also be shown how the score when coming up from the baseline, and working from the free throw line area to the baseline. Also the moves the players need to have in their arsenal while coming across the middle will be shown to them. This opportunity will give you the self-confidence to play against anyone. The first two and a half hours you work separately from the guards, while the last hour and a half you will be with the guards. You will learn to properly run the pick and roll with the guards, dribble hand offs, passing out of the post and more. This will be the most informative clinic you will attend.

Cost \$75 per player (Jr/Sr High Players) Limited Space Available

For further information please call Steve at 419-346-1774 or email him at stevemix50@hotmail.com.

Those interested please fill out the application below and send it to:

Steve Mix 25743 Willowbend Rd, Perrysburg, OH 43551

Make check out to Steve Mix

NAME _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
EMAIL _____ Phone: _____
SCHOOL _____ Grade _____ Male _____ Female _____