

FUNDAMENTALS **1ST**

BASKETBALL SKILL DEVELOPMENT SOLUTIONS



ELITE BASKETBALL SKILL TRAINING PLATFORMS



FUNDAMENTAL'S 1st

BASKETBALL SKILL DEVELOPMENT SOLUTIONS

FUNDAMENTAL'S 1st Sports Skill Development Solutions was designed to provide intimate skill development for players who are **SERIOUS** about improving all facets of their playing skills.

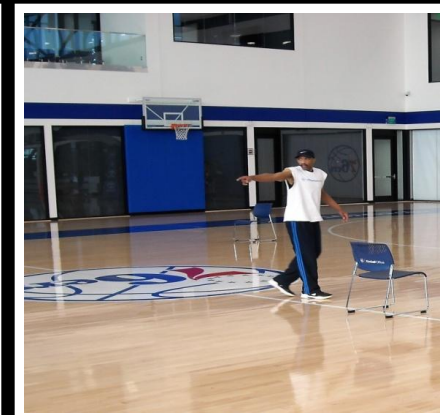
Skill Development Expert **Troy Daniel** has acquired extensive basketball experience as a player, scout, coach and skills trainer. His skill development platform has been proven to produce measurable positive results.



COACH TROY'S BIO

25+ yrs of experience as player, scout, coach & skill development expert.

- **LEGENDARY PHILADELPHIA BASKETBALL PLAYER**
- **PLAYED PROFESSIONALLY**
- **DIRECTOR OF VARIOUS CAMPS / CLINICS (NBA INCLUDED)**
- **NATIONAL NIKE BASKETBALL DIRECTOR**
- **NATIONAL ELITE HIGH SCHOOL SCOUT**
- **BASKETBALL SKILL DEVELOPMENT COACH (NBA)**
- **SCOUT & SKILL TRAINER EURO LEAGUE PRO TEAMS**
- **HIGH SCHOOL, COLLEGE & PRO COACH**
- **DIRECTOR PRO BASKETBALL SKILL PERFORMANCE PLATFORMS**



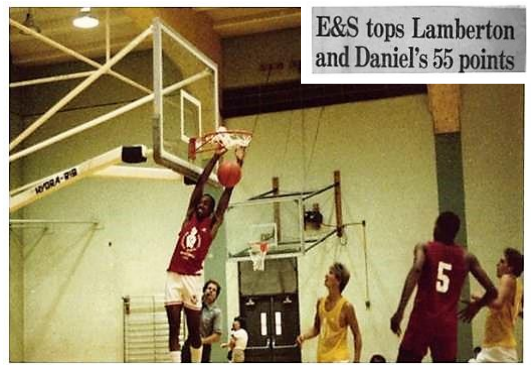
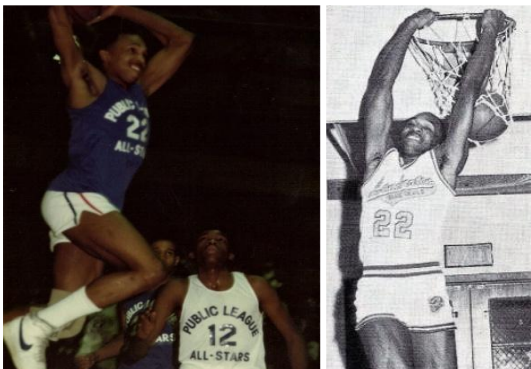


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A FEW OF COACH TROY'S PAST PHOTOS/ARTICLES

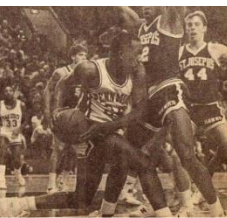
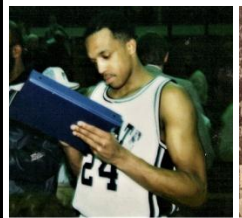
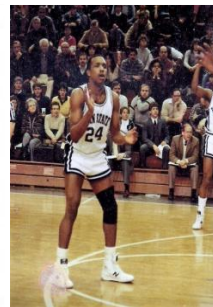
Daniel Wins Scoring Title in Shootout



E&S tops Lamberton and Daniel's 55 points



TROY DANIEL Penn State



millersville university

Maneater Tri-Captains

Carlton Thomas Claude Hughes Troy Daniel

1987-88 Men's Basketball

Defending PSAC Champions

#24 Troy Daniel

Guard, 6-3, 175
Philadelphia, Pa. (Lamberton HS)

COLLEGE: Two-year letterman who returns to the Maneater lineup after a one-year absence for personal reasons... named All-PSAC East second team honors in 1987-88... averaged 15.7 ppg and was the squad's top free throw shooter that year (77%). ... was second on 97-98 team in three-point goal accuracy (41 percent)... tallied career-high 33 points vs. Cheyney (13-of-16 from field)... tallied double-figure totals in all but three contests as a junior... was a "super-sub" for 1986-87 PSAC championship squad... averaged 12.3 ppg in 1986-87... double figure scores in 16 of 23 games that year... enters his final season with 734 points (33rd on MU career list)... fifth all-time in FT percentage (76%) and seventh in field goal accuracy (50.1) at MU... solid transition player... perimeter jump shooting excellence should eliminate a team weakness last season... impressive leader... tenacious defender... can score points in bunches.

HIGH SCHOOL: At Lamberton HS, Daniel was an all-city and All-Public League player his senior year (1983-84) when he averaged more than 30 ppg... also earned Blue Ribbon magazine All-American honorable mention status.

MAJOR at MU: Elementary Education

Year	G-S	P-G	P-CT	F-T	P-CT	REB	AVG	PT	A	BLK	ST	TP	HL	AVG
1986-87	254	*122/230	530	65/79	759	67	2.9	37	59	5	25	310	24	13.5
1987-88	27-21	*166/241	481	66/81	276	129	4.8	79	72	30	424	23	15.1	
TOTALS	50-21	288-571	501	126/164	570	196	3.9	116	131	15	40	734	33	14.7

*Source: 1988 Yearbook

LANCASTER NEW ERA SPORTS

Millersville Wins East Title

Bradfield, Daniel 'Slam' Bloomsburg

By Bradfield Johnson and John Kucharski

Transfer Dooms Bowie State

Daniel Sparks Millersville

By [Name]

Millersville's new star guard, Troy Daniel, is a transfer from Bowie State. He is a senior and has been a key player for the Millersville team. He is a former All-American and has been named to the All-East team. He is a former member of the U.S. Olympic team and has been named to the U.S. Olympic team. He is a former member of the U.S. Olympic team and has been named to the U.S. Olympic team.



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BASKETBALL SKILL DEVELOPMENT SOLUTIONS

DEVELOPMENT PLATFORMS INCLUDE:

*Customized Individual Skill
Development Sessions*

*Small Group Development
Workouts*

*Specialty Skill Camps &
Clinics*

COURT CONDITIONING

STRENGTH TRAINING

SHOT MECHANICS & OFFENSIVE CONCEPTS

DEFENSIVE CONCEPTS

REBOUNDING & POST PLAY

BALL HANDLING & PERIMETER PLAY

DYNAMIC SPEED & EXPLOSIVE TRAINING

PLYOMETRIC WORKOUTS

ON-COURT IQ DEVELOPMENT





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BASKETBALL SKILL DEVELOPMENT SOLUTIONS

A FEW CAMPS & PROGRAMS WE'VE CONDUCTED

Springfield YMCA and Pro Basketball Skill Training Expert Troy Daniel have partnered to create..

ELITE SKILL DEVELOPMENT ACADEMY

Powered by Fundamentals 1st Basketball Skill Development, ESDA was created exclusively for SERIOUS players i.e. middle school players who are projected to play in high school & junior varsity and varsity players who are projected to play in college.

ELITE SKILL DEVELOPMENT ACADEMY aka "ESDA" is THE NEXT LEVEL IN BASKETBALL SKILL DEVELOPMENT!

GROUP TRAINING
This is an excellent platform to prepare for the upcoming AAU & Elite Travel Team Season!

Middle School*
Wednesday 6:00-7:35pm
Saturday 8am-9:35am
\$200/members
\$400/non-members

High School
Wednesday 7:05-8:30pm
Saturday 9:15-10:30am
\$250/members
\$450/non-members

INDIVIDUAL SKILL TRAINING SESSIONS
Schedule through the YMCA

For Pricing and Information:
Briana Durant
P: 610.544.3080 ext. 2206
E: Bdurant@ycmc.org

*10th graders must consult with Troy before registration.

March 29th - April 30th
(Five-Week Sessions)

Use your phone to scan the QR Code.

YOUR POSTSEASON SUCCESS IS DETERMINED BY YOUR OFF-SEASON CHOICES!



SUMMER '24 JUNE 24-28

NIKE BASKETBALL CAMP

COED. AGES 8-18. COMPLETE SKILLS

Step up your basketball game in Bayville, NJ with Coach Troy Daniel during summer 2024! Open to young athletes of all abilities, you will work on developing your fundamentals, shooting and team play skills to help improve your overall game and confidence.

US SPORTS CAMPS

500 Riverway 18th, Floor
Bayville, NJ 08007-0271

CENTRAL REGIONAL HIGH SCHOOL

SCAN WITH YOUR PHONE CAMERA TO REGISTER AND GET ALL THE DETAILS
QUESTIONS 1-800-645-3226
USSPORTSCAMPS.COM

JULIAN KRINSKY
CAMPS & PROGRAMS

Sixers
CAMPS

NIKEBASKETBALL

CAMPS

PROCAMPS.



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A FEW CAMPS & PROGRAMS WE'VE CONDUCTED





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COLLEGE & PROFESSIONAL TRANSITIONAL SKILL DEVELOPMENT TRAINING

Coach Troy has established relationships with NBA Player Personnel Professionals, Scouts, Overseas Teams, and College Recruiter/ Coaches. He has unique insight regarding player preparation for the next level opportunities whether College or Professional.

We customize programs for players who are preparing for pro pre-draft camps, off season/summer training. Our objective is tangible improved skill performance.

Training Solutions include: *On Court Skill & Off Court Strength Enhancement Programs.*

We focus on the KEY areas needed to create Proper, Measurable Skill Development and Physical Performance success.

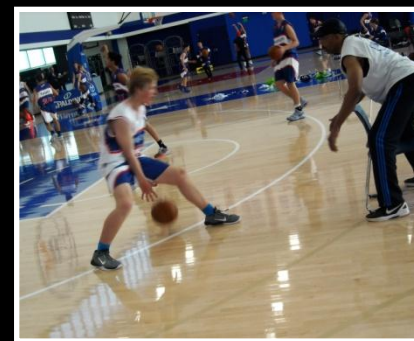




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BASKETBALL SKILL DEVELOPMENT SOLUTIONS

A FEW PLAYERS WE HAVE WORKED WITH INCLUDE:





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OUR COLLEGE CLIENTS INCLUDE ATHLETES FROM:





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A FEW PLAYERS WE HAVE WORKED WITH INCLUDE:





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OUR PRO CLIENTS INCLUDE ATHLETES FROM:

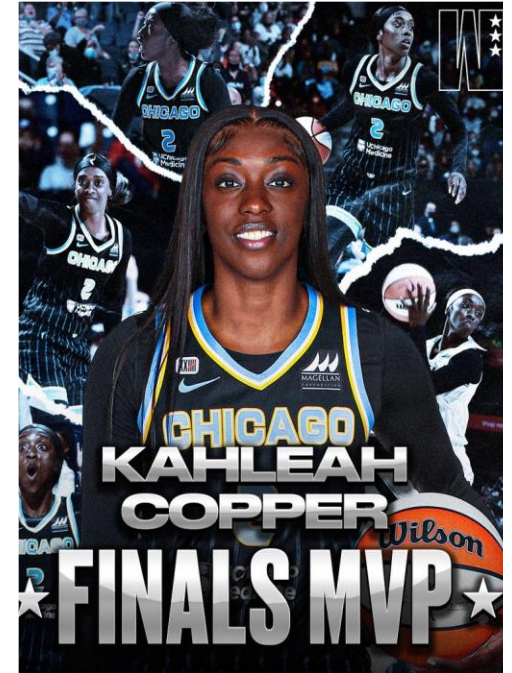




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Our primary focus is to provide an increased understanding & proper application of "Key Performance Techniques". This instructional platform allows for athletes to spend intimate time working on skill development techniques with highly experienced, professional instructors.

TO RECEIVE MORE INFORMATION

Contact us at

215 498-6907

Email:

fundamentals1st@gmail.com

