

ELEMENTARY AND MIDDLE/HIGH SCHOOL GROUP TRAINING

SCHEDULE

ELEMENTARY BOYS/GIRLS CO-ED TRAINING:
MONDAY AND WEDNESDAY / 4:00-5:00PM

MIDDLE/HIGH BOYS TRAINING:
TUESDAY, WEDNESDAY AND FRIDAY / 5:00-6:30 PM

MIDDLE/HIGH GIRLS TRAINING:
MONDAY, THURSDAY / 5:00-6:30pm AND FRIDAY / 4:00-5:00PM

PLAYERS ARE PLACED IN APPROPRIATE AGE/ SKILL LEVEL SETTINGS:

- BOYS/GIRLS ELEMENTARY CO-ED AGES: 7-12
- BOYS MIDDLE/HIGH SCHOOL AGES: 13-17
- GIRLS MIDDLE/HIGH SCHOOL AGES: 13-17

PLAYERS WILL IDENTIFY AND PRIORITIZE THEIR OPPORTUNITIES TO EXPAND AND IMPROVE THEIR GAME. THE FOLLOWING PERFORMANCE SKILLS WILL BE ADDRESSED: SHOOTING, OFFENSIVE MOVES, LAY-UPS, FINISHES, REBOUNDING, DEFENSIVE MOVEMENT, PASSING, BALL HANDLING, DRIBBLING, FOOTWORK, AND CONDITIONING. EACH SESSION WILL INCLUDE DEMONSTRATIONS, DRILLS, AND GAME SCENARIOS AND SCRIMMAGES.

PRICES

COMPLIMENTARY SINGLE SESSION
\$140 MONTHLY / 4 SESSIONS / 1 PER WEEK
\$240 MONTHLY / 8 SESSIONS / 2 PER WEEK

REGISTER AT

WWW.SHOTSUPBASKETBALL.COM/GROUP-TRAINING-REGISTRATION

FOR MORE INFO CONTACT CHRIS WOODHALL

☎ 571-265-4961

✉ chris@shotsupbasketball.com

f [shotsupbball](https://www.facebook.com/shotsupbball)

📷 [shotsupbasketball](https://www.instagram.com/shotsupbasketball)