

SHOOTING MACHINE TRAINING



Shooting Machine Training Affords Boys And Girls In Grades 4 Through 12 Multiple Opportunities For Shooting Progression Drills At Various Ranges To Improve Form And Technique.

Our Focus Is To Combining Shooting, Ball Handling, Conditioning, And Agility To Replicate Game Intensity, Speed, And Action.

Players Will Identify And Prioritize Areas To Improve And Expand Their Game

THERE WILL BE FOUR TRAINING GROUPS:

- Elementary Boys / Grades 4-6
- Middle and High School Boys / Grades 7-12
- Elementary Girls / Grades 4-6
- Middle and High School Girls / Grades 7-12

PRICES

COMPLIMENTARY SINGLE SESSION

\$140 MONTHLY/4 SESSIONS / 1 PER WEEK

\$240 MONTHLY/8 SESSIONS / 2 PER WEEK

**CALL CHRIS WOODHALL AT
571-265-4961 FOR SCHEDULING**