

TOP TRAINING Session Format

Because we cover a lot in the initial sessions, 8-10 are needed. Many clients find 16-24 sessions well worth their time. Most return year after year for training.

We focus on techniques that involve proper footwork, moving with and without the ball, ball handling with movement, passing, shooting, on ball and off ball defense, confidence, athleticism and overall understanding of your game.

Arrive 10 minutes before your planned workout to warm up.

Session will include: multiple drills mixed with conditioning with and without the ball. Footwork, footwork, footwork! Intentional intensity, being a threat on the court, and mental toughness are all part of every session. Athleticism (explosion, flexibility, conditioning, strength and speed) are part of every workout. The best players are in the best shape!

Note to athlete: I genuinely care about your character development and building solid leadership skills. I care about helping you become confident in your skill set and gaining mental toughness for competition. I give you permission to make mistakes and push yourself past your perceived limitations to help you build real confidence.

You'll have fun. You will be challenged. You not go away disappointed. You will improve greatly.

I look forward to serving you.

David

