

SACRED HEART FRIDAY NIGHT BASKETBALL

Skills , Drills and Games

LEARN THE FUNDAMENTALS @ FOUR 90 MINUTE FRIDAY NIGHT SESSIONS

FOUR FRIDAYS: MARCH 29th APRIL 5th 12th & 19th @ Broadmeadows Middle

Boys & Girls Grades 2-5 play from 6:00 to 7:30pm

The program will be supervised by Sacred Heart Basketball Director Mark Jaehnig

Success in basketball will often be found when a player is able to master the fundamentals of the sport and be able to use these fundamentals in game pressure situations!

PLAYERS WILL DO A NUMBER OF DRILLS AND THEN PLAY SUPERVISED GAMES

Some of the things we will go over in the 4 week program:

- *Lots of Ballhandling and Shooting! Working on technique and drills!*
- *Catching the ball, and then squaring to the hoop in "Triple Threat Position"*
- *Using your left/right hand while dribbling and shooting a left/right sided lay-up*
- *Coach's analysis of your moves, your fakes and your shot*
- *Competitive games with coach supervision*
- *Shooting Contests with cash prizes*
- *Guide to effective offseason workouts to improve your game for next season!*

~ INSTRUCTION ~ SUPERVISED GAMES ~ FUN CONTESTS ~

Cost \$15 per night or \$50. for entire 4 Week Program

Checks payable to Sacred Heart Basketball

MAIL APPLICATION TO: Mark Jaehnig 112 Billings Rd Quincy, Mass 02171

NAME: PHONE #

ADDRESS: E-MAIL:

SCHOOL: GRADE:

Does your child have any medical condition (i.e. asthma) we should be aware of ?