



HOOPS4HEALTH[®]



Year Round Group Training

Our Year-Round Group Training Program is all about skill development. The two most important aspects to becoming a great player is to learn how to do a skill the right way and then get the reps in through hard work, consistency, and discipline. With this program we teach the right way to shoot, dribble, pass, defend, rebound, and more. This program is the perfect place for the player to put in the time to learn, grow, and excel on the court. Let us help your child take their game to that next level!

Program Information

For Boys and Girls Grades 2-12. Groups are broken down by age. Program runs Fall, Winter, and Spring Tuesdays and Thursdays from 4-5pm at the Winnetka Bible Church 555 Birch St. Winnetka.

Details

Shooting - Form, Release, 1-2 Step, Creating Space for the Shot, Follow Through

Passing - 2 Hand, 1 Hand, Passing in Tight Spaces

Dribbling - Combo Moves, Creating Space, Breaking down a defender

Defense - Stance, Position, Lateral Speed, Help/Deny

Rebounding - Getting Position, Sealing, Second Jump, Apex Catch

Mental Aspect - Toughness, Sportsmanship, Positive Attitude, off court maintenance, healthy lifestyle, Teamwork

Screen and Roll – Using the and defending the Screen, Screen Reads

Plus - Triple Threat, Creating for Others, Cutting, moving without the ball, Spacing, Ball Movement, Leadership, Being Vocal

Fun Competitive High Energy Drills!

Professional Coaches

Our staff includes all coaches with an incredible amount of expertise and experience in coaching basketball. Each one has a passion for teaching the art of the game, offensive and defensive schemes, and the fundamentals & qualities necessary to be a great teammate and player. Our coaches stress sportsmanship, teamwork, importance of nutrition, taking care of your mind and body, and excelling in school.

Sign Up Options / Cost

Unlimited Training: \$1100

20 Pack: \$400

Daily Rate: \$30

10% Discount for family members 2 or more

www.hoops4health.com

(P) 847-997-6759

(E) support@hoops4health.com