



HOOPS4HEALTH[®]



Girls Skills Training

Our Girls Skills 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! Since 2010 Hoops4Health has and continues to provide excellence in teaching youth the fundamentals of basketball. Serving the North Shore & Chicago Metropolitan Area.

Program Information

- For Girls Grades 2-8. Groups are broken down by age.
- 9/8-10/27 Sundays 5-6:30pm Winnetka Community House 620 Lincoln Ave. 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!**

Fee

All Sessions Discount: \$200

Daily Rate: \$30

10% Discount for family members 2 or more

www.hoops4health.com

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