



HOOPS4HEALTH[®]



Hitting the Fundamentals Clinic

This unique program is designed to break down different basketball skills to better understand each component of the game. Each week will focus on a different fundamental basketball skill to better enhance the overall player. At the end of each session scrimmage games will be played where teamwork and communication will be the focus. Our goal for each player is to improve their basketball skill set and become a better teammate and player. This program will prepare the player to be ready for winter basketball competition. The program will also have many competitions and prizes.

Details

- Week 1 and 2 - Shooting/Scoring, Triple Threat Stance, and creating offense for Guards & Post Players
- Week 3 & 4 - Passing and Dribbling plus Combo Moves
- Week 5 - Defense/Rebounding/Toughness, Mental Aspect of the Game, sportsmanship, positive attitude, off court maintenance, healthy lifestyle
- Week 6 - Screen and Roll Situations plus Screen Reads / Footwork and Pivots
- Week 7 - Speed/Agility, Cutting/moving without the ball, Spacing / Ball Movement
- Week 8 & 9 - Game Situations. Contests, and 5 on 5 tournament

Ages

For Boys and Girls Grades 2-12
Groups broken down by age during program

Date/Times

9/4-10/23
15 Sessions
Mondays 5-6:30PM and
Wednesdays 5-6:30PM

Location

Winnetka Community House (WCH)
620 Lincoln Ave. Winnetka, IL

Cost

All Sessions Discount: \$355
Once a Week Option Mondays (7 Sessions): \$195
Wednesdays (8 Sessions): \$225
Daily Rate: \$30
10% Discount for family members 2 or more

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