



# HOOPS4HEALTH<sup>®</sup>



## 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.
- Starting 8/27 Tuesdays and Thursdays from 4-5pm at the Winnetka Bible Church 555 Birch St. Winnetka during the Fall, Winter, and Spring. In the Summer starting 6/16 training runs 4:30-5:30pm at the 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

Unlimited: \$1305

20 Pack: \$400

Daily Rate: \$30

10% Discount for family members 2 or more

[www.hoops4health.com](http://www.hoops4health.com)

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