

# MBA Hoops Academy Training



Manny's Basketball program is offering basketball training for players interested in improving their skills. The workouts will focus on each players goals and emphasize the following:

- \*Guard Skill Development
- \*Shooting Form & Accuracy
- \*Moving without the ball
- \*Post Skill Development
- \*Ball-Handling & Passing
- \*Plyometric & Strength Training

The MBA Hoops Academy is a weekly instructional program guaranteed to improve your skills. This is an individual training program designed to help you get the personal results that you want and desire.

To become a better player you have to dedicate time to doing the things that will make you better. Sessions are intense and the player is pushed hard to accomplish their goal of improving their skill level.

This is a great opportunity to train as we monitor your progress during the basketball leagues.

### **Training Rate (1 hour sessions):**

- Package 1 includes 1 lesson(1-3 players)-\$30/session -1 hour
- Package 2 includes 2 sessions/month (3-6 players)-\$50 per month
- Package 3 includes 4 sessions/month (8-12 players)-\$100 per month

**Training Days:** Sundays with coach Moe from 11:30a.m.-1p.m.  
Thursday from 5:30p.m.-6:45p.m.

Participate Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Check one:      Package 1 \_\_\_\_\_      Package 2 \_\_\_\_\_      Package 3 \_\_\_\_\_

Parent/guardian Signature: \_\_\_\_\_

**"It's not about how bad you want it,  
it's about how hard you are willing to work for it!"**

For more information visit: [www.mannysbasketball.com](http://www.mannysbasketball.com)