

Elite Basketball Training

8th grade-High School Players

July 1st-August 1st

@Central High School



Basketball Skill Development Training

When it comes to basketball training, there are two phases that a basketball player really needs to work on. One is strength and conditioning and the other is skill development.

In order to become the best basketball player you can become, strength training along with speed, quickness, footwork, core training is a must to improve in areas that benefit you on the basketball court.

Benefits of Basketball Training

1. Increase flexibility, strength & endurance
2. Improve ball-handling, passing & shooting
3. Get useful tips
4. Increase your confidence.

Certified Personal Trainer/Strength & Conditioning Coach Moe Boone has put together a Plyometrics & Strength Training program designed to help the basketball player become better in many areas of athleticism and fundamentals.

Work Out Schedule

Mondays & Wednesdays

6:30p.m.-6:45p.m. Warm ups

6:45p.m.-8:30p.m. Station 1 Guard Skill Development
Station 2 Post Skill Development
Station 3 Plyometric & Strength Training
Rotate Stations every 20 minutes

Tuesdays/Thursdays

Summer Basketball league games

Cost: \$150 for the four week program

For more information visit: www.mannysbasketball.com