



MAMBA AZ BASKETBALL TRAINING
SUMMER GRINDZ

**6-WEEK TRAINING PROGRAM OFFERING HOOPERS THE OPPORTUNITY TO
IMPROVE BASKETBALL SPECIFIC SKILLS SUCH AS:**

- ✔ SHOOTING OFF THE PASS/DRIBBLE (IMPROVED SHOOTING TECHNIQUE)
- ✔ BALL HANDLING AND COURT AWARENESS
- ✔ SPEED, AGILITY AND PLYOMETRICS
- ✔ OFFENSIVE AND DEFENSIVE STRATEGIES

HELD AT: SPORTING CHANCE CENTER
GIRLS & BOYS | JUNE 14 THRU JULY 23 | 2PM-4PM

AGES 10-13: TUESDAYS & THURSDAYS

AGES 14-16: MONDAYS & WEDNESDAYS

LIMITED TO 15 HOOPERS
\$195

POWERED BY:



MORE INFO & REGISTRATION: WWW.AZBERNALFIT.COM