



SHOOTING AND BALL-HANDLING WORKSHOP

AUGUST 1ST AND 2ND (9:30AM TO 12PM)

AGES 12 - 18 YEAR OLD BOYS & GIRLS

\$150 (INCLUDES T-SHIRT AND HANDBOOK)

LIMITED TO 16 PLAYERS

SHOOTING DEVELOPMENT WILL TEACH YOU FUNDAMENTALS, INCLUDING:

- IMPROVE YOUR FIELD-GOAL PERCENTAGE FROM ALL OVER THE COURT.
- BECOME A 90% PLUS FREE THROW SHOOTER.
- LEARN THE SECRET OF "SHOOTING FORM" AND THE POWER BEHIND IT.
- LEARN HOW TO "TROUBLESHOOT" YOUR OWN SHOT.
- SET UP A SIMPLE PRACTICE ROUTINE THAT WILL MAKE GAINS AUTOMATICALLY.
- DEVELOP STRENGTH AND BALANCE
- YOUR TOTAL GAME "CONFIDENCE" WILL INCREASE.
- YOU'LL DEVELOP "SHOOTER'S TOUCH".
- AND MUCH MUCH MORE!!!!



Chris Warren,
Ole Miss University

BALL-HANDLING DEVELOPMENT WILL TEACH YOU FUNDAMENTALS, INCLUDING:

- THE SCIENCE OF FOOTWORK
- GAME-SPEED DRIBBLING IN TRANSITION
- THE ART OF BALL CONTROL
- CONTROLLING YOUR OPPONENT AND THE BASKETBALL
- UNLOCKING THE SECRETS OF CREATING SPACE
- DEVELOP VISION
- 1 ON 1 SKILLS AND ATTACK MOVES
- LEARN LEADERSHIP AND COMMUNICATION SKILLS TO BECOME A BETTER TEAMMATE
- THE COMPLETE PASSING PACKAGE
- AND MUCH MUCH MORE!!!!

This workshop will train you with the same shooting and ball-handling INFORMATION TRAINING that NBA and WNBA players use during the off-season and pre-season to reach their highest heights during the season. Our teaching philosophy is based on the highest level of instruction from our professional tailored programs; we develop the person behind the player. This workshop will create great free throw percentages, great field goal percentages, and great three-point shooting percentages. This workshop is designed to help any player, regardless of position

"THERE ARE TWO TYPES OF PLAYERS... TRAINED AND UNTRAINED!"

EDGE BASKETBALL TRAINING FACILITY
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