



TEAM CONCEPTS AND BASKAGILITY WORKSHOP

AUGUST 1ST AND 2ND (2:30PM TO 5PM)

AGES 12 - 18 YEAR OLD BOYS & GIRLS

\$150 (INCLUDES T-SHIRT AND HANDBOOK)

LIMITED TO 16 PLAYERS

TEAM CONCEPTS DEVELOPMENT WILL TEACH YOU FUNDAMENTALS, INCLUDING:

- **IMPROVE YOUR BASKETBALL I.Q.**
- **BREAKDOWN OF PLAYER'S UNDERSTANDING OF "TEAM PLAY"**
- **UNDERSTAND OFFENSIVE AND DEFENSIVE TERMINOLOGY**
- **LEARN HOW TO "PARTICIPATE" AND NOT "SPECTATE" DURING GAME**
- **LEARN HOW TO "TROUBLESHOOT" YOUR MISTAKES ON BOTH ENDS OF COURT.**
- **3 ON 3 AND 4 ON 4 CONTROLLED PLAY TO APPLY LEARNED SKILLS**
- **YOUR TOTAL GAME "CONFIDENCE" WILL INCREASE.**
- **AND MUCH MUCH MORE!!!!**

This workshop will focus on advanced basketball team concepts; understanding and recognizing different types of screens, aggressive ball handling, rebounding, proper individual and team defensive footwork and positioning, passing and playing "under pressure", transition play, and competitive group drills.

BASKAGILITY DEVELOPMENT:

This workshop is the ULTIMATE and NEXT LEVEL in Basketball Skill Training Workout. It is Advanced Basketball Skill Development INFUSED with Agility and Endurance Training (Speed, Lateral Quickness, Change of Direction and Core Work) in a complete ON-COURT DRILL ENVIRONMENT. Basketball and Agility Drills will be combined into a UNIQUE and INTENSE skill training drills ALL on the basketball court.

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

EDGE BASKETBALL TRAINING FACILITY

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