

ADVANCED HOOPS

www.ADVANCEDHOOPS.com

"Developing Skill's While Emphasizing Christian Character"

Winter Dribbling & Advanced Skills

Professional Guidance with Gerald Jarmon

- **Advanced Dribbling tactics**, multiple ball dribbling to build confidence and challenge players. Big emphasis on Transition dribbling
- **Athletic Agility** will be improved in these sessions by stationary quickness drills, vertical jump drills, lateral quickness, ladders, core strength, and overall explosive performance
- **Offensive Footwork Drills** will be engrained in players to teach consistency with short range scoring, as well as 1st Step Jab quickness

West Shore - CLA

Saturdays

Dates:

January 8th – March 5th
(9 weeks)

Time

12:00 – 1:00pm (ALL Ages)

Location

Christian Life Assembly Church
2645 Lisburn Rd.
Camp Hill, PA 17011

East Shore - ATC

Mondays

Dates:

January 3rd – February 28th
(9 weeks)

Time

7:00 – 8:00pm (ALL Ages)

Location

Advanced Training Center
6003 Jonestown Rd.
Harrisburg, PA 17112

Only \$95
before
Nov. 20th

Register Online to reserve a spot!

www.advancedhoops.com

657-2620