

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

Only \$95
before Nov.
20th

East Shore - ATC

Sundays

Dates:

January 8th – February 26th
(8 weeks)

Time

2:00 – 3:00pm (Coed 6th & Up)
3:00 – 4:00pm (Advanced Coed 3rd – 5th Grade)

Location

Advanced Training Center
6003 Jonestown Rd.
Harrisburg, PA 17112

Christmas Clinic

*Anyone who registers for the 8 week ATC Dribbling Class will receive this as part of the Winter Dribbling Package!

Dates:

December 28th – 30th

Time

12:00 – 1:00pm (5th - 8th)
1:00 – 2:00pm (9th - 12th)

Location

Advanced Training Center

Register Online to reserve a spot!

www.advancedhoops.com

657-2620