

MBA Hoops Fall Academy Training



Manny's Basketball program is offering basketball training for players interested in improving their skills. The workouts will focus on each player's goals and emphasize the following:

- *Guard Skill Development
- *Shooting Form & Accuracy
- *Moving without the ball
- *Post Skill Development
- *Ball-Handling & Passing
- *Plyometric & Strength Training

The MBA Hoops Academy is a weekly instructional program guaranteed to improve your skills. This is an individual training program designed to help you get the personal results that you want and desire.

To become a better player you have to dedicate time to doing the things that will make you better. Sessions are intense and the player is pushed hard to accomplish their goal of improving their skill level.

This is a great opportunity to train as we monitor your progress during the basketball leagues.

Training Rate (1 hour sessions):

- Package 1 Saturdays clinic only with 5 on 5 games (4 session per month): \$80
- Package 2 Training twice a week for one month with 5 on 5 games on Saturdays: \$125
- Package 3 Fall Training with 5 on 5 games on Saturdays for September & October-\$225

Training Days: Training days is Monday/Wednesday or Tuesday/Thursday in small groups of 6-10 players from 4:30p.m.-6p.m.
@Manny's Drive Way Court
Saturday Clinic plus 5 on 5 games @Central Point Gym

Participate Name: _____ Grade: _____
Parent's Name: _____ Cell Phone: _____
Address: _____ City: _____ Zip: _____
Email address: _____
Check one: Package 1 _____ Package 2 _____ Package 3 _____
Parent/guardian Signature: _____

**"It's not about how bad you want it,
it's about how hard you are willing to work for it!"**

For more information visit: www.mannysbasketball.com