

Basketball Skills

Includes:

- Ball handling, shooting and footwork
- Progress Charted

Individual Training

60 Minutes	\$/session
1 Session	\$75
12 Sessions (\$660).....	\$55

Group Training

60 Minutes	\$/session
1 Session	\$50
12 Sessions (\$300).....	\$25

Team Training

(8 - 20 Players)

90 minutes

1 Session	\$250
12 Sessions	\$2500

Performance Training

Includes:

- Sport Specific
- Strength and Endurance
- Movement and Flexibility

Individual Training

60 Minutes	\$/session
1 Session	\$75
12 Sessions (\$660).....	\$55

Group Training

60 Minutes	\$/session
1 Session	\$50
12 Sessions (\$300).....	\$25

Team Training

(8 - 20 Players)

60 minutes

1 Session	\$250
12 Sessions	\$2500

Combo Package

Includes:

- Basketball Skills
- Performance Training

Individual Training

60 Minutes	\$/session
1 Session	\$100
12 Sessions (\$900).....	\$75

Group Training

90 minutes (45 min skill/ 45 min Performance)

	\$/session
1 Session.....	\$75
12 Sessions (\$540).....	\$45

Team Training

(8-20 Players)

120 minutes

1 Session	\$300
12 Sessions	\$3500

