NIGHT PROJECT CLASSES

Night Training Days
This program is designed to teach Advanced Skills in an intensified training environment. Players are challenged to go beyond their comfort level combining skills training with cardio, strength and power emphasis. Incorporated into each training session is Ball Handling, Shooting, Core, Verta-Strength, Verta-Skill and Speed Training.

Time	General Itinerary
6:30 PM	STRETCHING
6:45 PM	TRAINING TOPIC/DEMONSTRATIONS
7:00 PM	CIRCUIT TRAINING
7:30. PM	COMPETITIVE DRILLS
7:45 PM	COOL DOWN
8:00 PM	DISMISSAL

ITEMS NEEDED
TOWEL
WATER
YOGA MAT
SNACK FOR FUEL