

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.

Session I -6pm-7pm Beginner and Intermediate (Grades: 4-7 only come to session II if coach advises you)

Session II -7pm-8pm Advanced (Grades 8-Collegiate only attend session I if coach advises)

*You may be placed in a session that may not be your grade based on your skill level and coaches request.

ITEMS

NEEDED

TOWEL

WATER

YOGA MAT

SNACK FOR

FUEL