

# GOING VERTICAL BASKETBALL ACADEMY

## FALL Skill Development Program

10-Week Skill Development Program beginning the week of August 30<sup>th</sup>, 2021

Session 1 – Monday and Wednesday Nights

Session 2 – Tuesday and Thursday Nights

(Make up sessions are Sunday nights if you are unable to attend one night during week)



### AGE GROUPS: (Boys and Girls)

Division 1 (K – 2<sup>nd</sup> Grade) 5:00 – 6:00 PM

Division 3 (6<sup>th</sup> - 8<sup>th</sup> Grade) 7:00 – 8:00 PM

Division 2 (3<sup>rd</sup> - 5<sup>th</sup> Grade) 6:00 – 7:00 PM

Division 4 (High School) 8:00 – 9:00 PM

### PROGRAM FEATURES:

- Dynamic Flexibility
- Live Game Situations
- Basketball Specific Conditioning
- Quickness, Agility, and Footwork
- Proper Shooting Techniques
- Defense and Rebounding Drills
- Attack and Finishing Moves
- Ball Handling
- Passing Drills and Spacing Principles

COST: (20 Total Sessions): \$280 (\$14.00 per session)

- Limited to first 30 registrations in each Division/Session    - \$35 Multi-Child Discount

- \$20 off for Returning Players (One time only)    - 8-10:1 = Player to Coach Ratio

**CALL TO REGISTER: 402.392.1889**

10700 Sapp Brothers Drive, Omaha, NE 68138

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