

MBA Basketball clinics

SKILL BUILDER CLINICS

PRICE FOR EACH CLINIC IS

\$25 - \$40

Group - Individual



Call Coach Champ (601) 862-9547
Call Coach Theron (601) 291-9832
Call Coach Chuck (601) 918-5497
Call Coach Karl (601) 209-4542

REGISTRATION FORM

Date: _____

CLINICS ARE HELD:

- MONDAY 4:30PM – 8:30PM
- WEDNESDAY 4:30PM – 8:30PM
- THURSDAY 4:30 PM – 8:30PM
- SATURDAY 9 AM–4 PM
- SUNDAY 2 PM - 7 PM

There is a minimum limit of 2 players and maximum of 10 players per group. Sessions are skill level specific. Within each session* players will be grouped appropriately according to age and skill level. Each session is 1 hour.

*Registration and Payment must be received no later than a day before each clinic session.

EACH SESSION IS FOR ONE HOUR

FOLLOW US ON INSTAGRAM

@MBAHOOPS AND ON TWITTER

@MBAHOOPSNET

Boys and Girls age 5 to 18

Please wear basketball shoes, t-shirts gym shorts.
No street clothes, hats, jewelry or sweat pants.

SHOOTING CLINIC

- Establishing a Shooting Target
- Hand Position on the ball – Shooting Fingers, Guide Hand, “Shooter’s C”
- Alignment of Body & Legs - maintaining a low Platform
- Establishing the proper Shot Line
- Uplift and Release of the Ball
- Proper Follow Through technique

OFFENSIVE AND DEFENSIVE “SKILL BUILDER” CLINIC

- Footwork
- Ball Handling
- Triple Threat Position
- Passing & Catching the Basketball
- Screening
- Blocking out
- Rebounding



Participant Name _____

Age _____ Grade _____ Gender (circle one) M / F

Address _____

City _____ State _____ Zip _____

Cell Phone # (_____) _____

Home Phone # (_____) _____

E-mail Address _____

DO NOT WRITE BELOW THIS LINE

Date(s) of Clinic(s):

_____, _____
_____, _____

Amount paid for Clinic(s):

_____, _____
_____, _____

Date Registered and Paid: _____

MBA Staff Initial: _____



WHERE THE SERIOUS ATHLETE TRAINS, DEVELOPS, & PLAYS