

# MBA basketball clinics



## SHOOTING & SKILL BUILDER CLINICS

PRICE FOR EACH CLINIC IS

**\$25 - \$40**

Group - Individual

### CLINICS ARE HELD:

- MONDAY 3PM - 8PM
- WEDNESDAY 3PM - 8PM
- THURSDAY 3PM - 7PM
- SATURDAY 8 AM-4 PM
- SUNDAY 2 PM - 7 PM

EACH SESSION IS FOR ONE HOUR

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There is a minimum limit of 4 players and maximum of 10 players per group. Sessions are not age specific – players can choose the session they want to attend. Within each session\* players will be grouped appropriately according to age and skill level. Each session is one hour.

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

## 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



## REGISTRATION FORM

Date: \_\_\_\_\_

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: \_\_\_\_\_

**THIS CLINIC WILL FOCUS PRIMARILY ON THE FUNDAMENTALS OF SHOOTING THE BASKETBALL.**

MBA Basketball Clinics provide comprehensive instruction on core offensive skills and defensive skills.