



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BASKETBALL SKILLS AND DRILLS

Basketball skills and drills coached by Mike Moten, is for players looking for specific instruction to improve their overall skills. We offer two different skill focus classes: inside scoring and ball handling/outside scoring. You must register for each class separately. Space is limited so sign up early.

AGE: 3rd-12th grade

COST: Members \$73, non-members \$117

DATES: Apr. 18-Jun. 1

SKILL GROUP/SIZE: Limited to 16 participants per group

3rd-5th grade, 6pm-7pm-Basic Skills required

6th-12th grade, 7pm-8pm-Intermediate to Advanced Skills required

Skill and Drills Classes: Each class requires separate registration.

Inside Scoring (Wednesdays)

Ball handling and Outside Scoring (Fridays)



The below pre-requisites skills are needed in order for your child to be successful with this program.

Intermediate to Advanced skill requirements:

- Must be able to dribble with both hands without any issues while being able to perform the following moves with little to no issues, crossovers, scissors, behind the back,
- Must be able to perform with little to no issues in the following; bouncepass, overheadpass, chest pass, and 1 hand bouncepass
- Must have a solid shooting foundation which includes the following: stance, form, and follow through.

Please call 294-1630 with any questions you have about this program.

406-248-1685

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