

HOMESCHOOL

Basketball Unit

NOV 13-DEC 20, 2017

McKenna New BraunFit Gym
is now offering a 12-session co-ed basketball program
FOR HOMESCHOOL STUDENTS IN GRADES 3RD-5TH AND 6TH-8TH

Workouts will be directed by Coach Ron Hixon, who is a retired Canyon Middle School coach with over 30 years experience in sports training.

STUDENTS WILL LEARN:

- Court knowledge
- Passing Drills: Chest, Bounce, Overhead
- Dribbling Speed & Control
- Rules of the game
- History of basketball
- Terminology
- Defense: Slide Step, Block Out and Rebounds
- Shooting: Form, Lay-ups, Jump Shots, Free Throws & Backboard
- Other: Picks, Screens, Pivot, Triple Threat, Star Drill and 3-Man Weave

\$60
PER STUDENT
CALL 830.606.9507
TO REGISTER!

1-hour workouts will be held Mondays and Wednesdays from 1:00-2:00pm for 3rd-5th graders and 2:00-3:00pm for 6th-8th graders with access to open gym from 3:00-6:00pm on workout days . Games will be determined by number of students enrolled. A minimum of 4 students is required per division with a maximum of 20 students.

