



## **BELIEVE BASKETBALL**

### **TRAINING PHILOSOPHY**

We believe if each player improves individually, that will increase the teams overall value. Our team training is geared to improve the players skill, athleticism, and IQ.

### **DETAILS**

\$15 per player  
(10 - 16 player roster)

60 minute session

Please let us know if more players are participating so we can bring enough trainers.

### **CONTACT**

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Jonathan Breeden

“Players can only perform to the level they have been taught”

# **TEAM TRAINING**

## **SPEED & AGILITY**

Resistance Drills  
Reaction Drills  
Explosion Drills  
Cone Drills

## **DRIBBLING**

Single Ball  
2 Ball  
Tennis Ball  
Attack Moves

## **SHOOTING**

Game Speed  
Off The Catch  
Off The Dribble

## **FINISHING**

Contested Lay Ups  
Lay Ups With Contact

## **SCHEDULE**

Stretching  
Speed & Agility  
Dribbling  
Form Shooting  
Attack Drills  
Game Drills