



OPEN GROUP INSTRUCTION at OPS DUPONT

Group sessions with a focus on overall skill development of shooting, ball-handling, defense and scoring different combinations of footwork with the ball in the players hands. We will include fundamental aspects of ball handling that players will need to be more effective with their feet and understanding how to create angles to be able to get by their defender. We want players to understand how to create, maintain and attack space.

- \$20 per workout
- \$200 for the month

OPEN GROUP November Schedule:

Tuesday & Thursday

Times: 4:30-5:30pm (3rd-5th grades)

5:30-6:30pm (6th-8th grades)

Dates: 11/9, 11/11, 11/16, 11/18, 11/23, 11/30

Wednesday

Times: 5:30-6:30pm (3rd-5th grades)

6:30-7:30pm (6th-8th grades)

Dates: 11/10, 11/17

Friday

Times: 3:30-4:30pm (3rd-5th grades)

4:30-5:30pm (6th-8th grades)

Dates: 11/12, 11/19

Saturday

Times: 10:00-11:00am (3rd-5th grades)

11:00-12:00pm (6th-8th grades)

Dates: 11/13, 11/20, 11/27

Online sign-ups coming soon!

To sign up call (260) 479-2720, or email Lauren_Didier@lhn.net