



BREAKDOWN SERIES

Players will receive instruction and training on detailed offensive skill work to become an effective and complete scorer so they can *breakdown, blow by, cross up and score* on any defender!

Footwork/Ball handling

- Focus on how and why footwork and ball-handling go hand in hand with being a threat to score on the offensive end

Shooting / Finishing

- Learning to focus on form and proper footwork for different shot types (off the dribble, catch and shoot, using a screen) and various finishing techniques around the rim.

LOCKDOWN SERIES

Players will receive instruction and training on the concepts necessary to become a knowledgeable and solid defensive player. Players will learn:

- Proper defensive stance and positioning
- On-the-ball and off-the-ball positioning
- Defensive rebounding positioning and technique
- Close-out fundamentals

PRICING AND SCHEDULE

- \$25 per workout, must sign up and pay in advance. (Limited spots available)
- \$100 for both Breakdown and Lockdown series
 - *25% off for OPS Fitness Club Members
- Open to boys & girls in Grades 3-8

Dates: 12/6, 12/13, 12/30

Times:

- 5:30-6:30pm (Breakdown)
- 6:30-7:30pm (Lockdown)

Dates: 12/19

Times:

- 1:30-2:30pm (Breakdown)
- 2:30-3:30pm (Lockdown)

Sign-up online at optimumperformancesports.com/schedule/ or by using the mindbody app!