



BASKETBALL TRAINING at OPS DUPONT **Available for grades 3 - 12***

Small group training sessions focus on overall skill development of shooting, ball-handling, defense and scoring, as well as different footwork combinations with the ball in the player's hands.

We will include fundamental aspects of ball-handling that players will need in order to be more effective with their feet and to understand how to create angles in order to get by a defender. We want players to understand how to create, maintain and attack in space.

PRICING/SCHEDULE

High School Training: Monday-Friday, 4:30-5:30

- \$20 single session
**25% off for OPS Fitness Club members*

Middle School Training: Monday & Wednesday, 5:30-6:30

- \$20 single session
**25% off for OPS Fitness Club members*

Elementary School Training: Tuesday & Thursday, 5:30-6:30

- \$20 single session
**25% off for OPS Fitness Club members*

Must book online at OptimumPerformanceSports.com/schedule/ or by using the Mindbody app!

Questions? Contact us at 260-479-2720 or Kbloom@lhn.net

Scan to see OPS Basketball Schedule

