

Fair Lawn All-Sports
Girls Basketball Shooting and Skills Training
Grades 5-8

When: Wednesday evening – April 29, May 6, 13, 20, 27, June 3, 10, 17 ***

Location: Fair Lawn REC Center

Time: 6:00 p.m. to 7:30 p.m. ***

Cost: \$150 for 8 one hour and half sessions (Checks written to “FLAS”)

First 20 participants will be accepted in order to provide proper instruction. Practice jersey will be provided to all participants.

****** Dates and time subject to change.***

Supervisor: Rob Lado, North Arlington High School Girls Varsity Basketball Coach and Choices Choice Lightning AAU Coach

Purpose: Provide girls in the opportunity to fine-tune their basketball skills.

- Learn to shoot the right way
- Improve your offensive skills through advance footwork, ball handling and shooting form.
- Learn offensive moves and skills
- Game situational drills the progress into game correlation
- Improve your defensive skills that include rebounding, boxing out and various defensive formations.

These sessions are meant for girls who are serious about improving their basketball skills. Prior experience is necessary. All interested in playing on the travel basketball level and high school in the future should attend. Girls will receive a great workout while improving their basketball skills.

Also available – One on One Training, \$25 for one hour session

One on One Training is the perfect choice to improve your game year round. Each workout is customized to work on a player's weaknesses and help a player through the season. Emphasis is put on shooting, dribbling, passing, offensive moves to the basket and improving ones athleticism. Stress is put on being extremely fundamental and explosive. Contact Rob Lado at rjlado@gmail.com to schedule One on One Training.

“First master the fundamentals.” – Larry Bird