

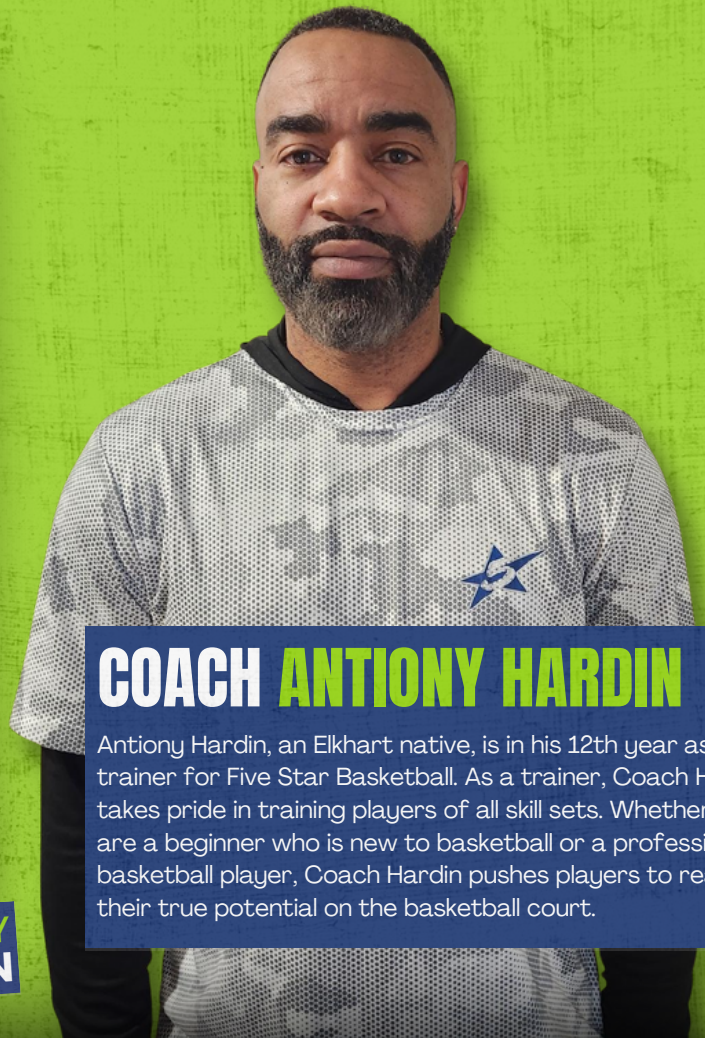


B A S K E T B A L L

ADVANCED ALL-SKILLS CLINIC

7th - 8th GRADE BOYS

WITH **ANTONY HARDIN**



COACH **ANTONY HARDIN**

Antony Hardin, an Elkhart native, is in his 12th year as a trainer for Five Star Basketball. As a trainer, Coach Hardin takes pride in training players of all skill sets. Whether they are a beginner who is new to basketball or a professional basketball player, Coach Hardin pushes players to reach their true potential on the basketball court.

DESCRIPTION

Five Star Basketball's Advanced All-Skills Clinic is for **advanced** 7th-8th grade boys looking to improve their all-around basketball skills. Five Star Basketball Trainer Antony Hardin will instruct players through a variety of advanced level skill development drills.

DAY 1: Ball Handling

Create Space w/ Dribble: Retreats / Crossovers / Keep defenders on the inside

DAY 2: Speed & Agility / Defensive Footwork

Basketball related speed & agility training, defensive stance, and defensive slides

DAY 3: Footwork

- Pivoting, Balance, Triple Threat, Jab Step Series, and explosion

DAY 4: Shooting Technique

- Shooting routine, proper form, and shooting pocket

DAY 5: Finishing and Ball Handling

- Attack to score, Finishing moves at Rim, and Utilize finishing moves in 1v1

DAY 6: Review & Combination of Skills

Review & combine skills previously learned, 5 v 5 Gameplay reviewing & practicing skills developed throughout the clinic

TUESDAYS

7:00 - 8:00 PM

6 WEEK CLINIC
STARTING
FEB. 7TH

\$100
PER PLAYER

The fee to participate includes 6 days of 60 Minute large group skill training with Antony Hardin

LIMITED TO FIRST 20 PLAYERS

REGISTER TODAY AT FIVESTARBASKETBALL.ORG
ANY QUESTIONS EMAIL COACHBRAE@FIVESTARLIFE.ORG

EASTLAKE ATHLETIC CLUB | 3400 HENKE ROAD | ELKHART, IN 46514