

Powered by Avera Sports

6th-8th Grade Basketball Workouts

w/ Warwick Workout Trainer Kevin Ratzsch

Location: The Barn (5237 Highway 12 E, Abdn SD)

6th-8th Grade - Shooting & Scoring Workouts

Shooting & Scoring Workouts are for the advanced player. This workout will focus on shooting footwork, shooting off the move, creating your own shot, reading screens and coming off screens as well as all other aspects of shooting. Athletes will be taught and participate in Heat Shooting, Magic Shooting, Warrior Shooting, Fast Break Shooting, Shooting Program and Pre-practice shooting during this series of Shooting & Scoring Workouts. These workouts will assist athletes to become a more effective shooter and scorer.

Saturday, April 11	11:45-1:15 pm
Saturday, April 18	11:45-1:15 pm
Saturday, April 25	11:45-1:15 pm
** Saturday, May 2	No Workout
Saturday, May 9	11:45-1:15 pm
Saturday, May 16	6:30-8:00 pm

Each athlete will receive a Warwick Workout T-shirt.

Cost: \$119 Payment is collect online at time of registration.

Register online at

www.warwickworkouts.com

Find your session under the register for workouts tab

Contact Kevin Ratzsch with questions about weekly workouts in Aberdeen

Email: kevin.warwickworkouts@gmail.com

WHERE CHAMPIONS TRAIN.