

8th-12th Grade Boys/Girls Advanced Offensive Skills & Shooting & Scoring Workout

Location: Burlington Elementary School Gym

(Burlington, ND)

Cost: \$135

Payment is collected online at the time of registration or can be made at the first workout.

Athletes will receive a Warwick Workout Hoodie

Weekly Workouts are the foundation to becoming a skilled basketball player. The advanced offensive skills needed to be a great ball handler, shooter, and scorer are taught and built upon each week. We will also incorporate shooting and scoring drills each week focused on shooting footwork, shooting off the move, creating your own shot, reading screens, and coming off screens. These drills will assist athletes to become a more effective shooter and scorer.

Wednesday, September 16 th	7:45-9:15 pm
Wednesday, September 23rd	7:45-9:15 pm
Wednesday, September 30th	7:45-9:15 pm
Wednesday, October 7th	7:45-9:15 pm
Wednesday, October 14th	7:45-9:15 pm

Register online at <u>www.warwickworkouts.com</u> Find your session under the register HERE tab

Contact Greg Foster with questions about workouts Email: gregfoster.fbi@gmail.com

701-208-1341

WHERE CHAMPIONS TRAIN.