

## **Mitchell Area Basketball Workouts**

**Advanced Offensive Skills & Shooting/Scoring** 

**Location: Mitchell High School Gym** 

Weekly Workouts are the foundation to be coming 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.

# Session 1: 3<sup>rd</sup>-5<sup>th</sup> Grade Boys/Girls

| April 5  | 6:00-7:15 |
|----------|-----------|
| April 11 | 6:00-7:15 |
| April 12 | 6:00-7:15 |
| April 25 | 6:00-7:15 |
| April 28 | 6:00-7:15 |

Cost: \$89

Athletes in this session will receive a Warwick Workout T-shirt & basketball

#### Session 2: 6th-8th Grade Boys/Girls

| April | 5  | 7:3 | 0-9 | 9:00 | pm |
|-------|----|-----|-----|------|----|
| April | 11 | 7:3 | 0-9 | 9:00 | pm |
| April | 12 | 7:3 | 0-9 | 9:00 | pm |
| April | 25 | 7:3 | 0-9 | 9:00 | pm |
| April | 28 | 7:3 | 0-9 | 9:00 | pm |
|       |    |     |     |      |    |

**Cost: \$99** 

Athletes in this session will receive a Warwick Workout T-shirt & socks

Bring your own Basketball

## Register online at

### www.warwickworkouts.com

Find your session under the Register Here tab

Contact Kris Warwick or Cody Schilling with questions about workouts Email: warwickworkouts@gmail.com

Cell: (605) 391-6700 Kris or (712)461-2316 Cody

WHERE CHAMPIONS TRAIN.