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## **Basketball Trainer**

## **Areas of Focus**

- Shooting
- Dribbling
- Defense
- Footwork
- Strength and Conditioning

## **Learn How To**

- Become a leader
- Be assertive and vocal
- Work well on a team
- Develop a good work ethic
- Live a healthy lifestyle
- Deal with adversity



All levels of experience are welcome.

1 Hour Private Lessons: \$100

1 Hour Group Lessons: \$50/person

Please call or text

562-322-5269

for more information