

New Dates Added

HASSON



HOOPS

# WEEKNIGHT WORKOUTS



*Drop-In Group Basketball Training with Coach Jason Hasson at Belleview High School*



## **2nd, 3rd, 4th, 5th Grade Basketball Basics**

Mastery of basketball basics

Shooting fundamentals

Dribbling techniques

One-on-one moves

Lay-up mastery

Precision passing

Rules of the game

\$20

### **Weeknights at 6pm-7:30**

<b>Wednesday 11/2</b>	<b>Wednesday 1/4</b>
<b>Wednesday 11/23</b>	<b>Wednesday 1/18</b>
<b>Wednesday 11/30</b>	<b>Wednesday 1/25</b>
<b>Wednesday 12/14</b>	<b>Wednesday 2/8</b>
	<b>Spring dates TBD</b>



## **6th, 7th, 8th Grade Game-Time Offensive Skills**

Shooting technique

One-on-one off the dribble

Post moves

Footwork

Speed and agility

Finishing in traffic

Next level ball handling

Physical conditioning

\$20

### **Weeknights at 7:30pm-9**

<b>Monday 11/7</b>	<b>Wednesday 1/4</b>
<b>Monday 11/14</b>	<b>Wednesday 1/18</b>
<b>Monday 11/21</b>	<b>Wednesday 1/25</b>
<b>Wednesday 11/30</b>	<b>Wednesday 2/8</b>
<b>Wednesday 12/14</b>	<b>Spring dates TBD</b>

*👉 For scheduling changes and updates, join our email list at [HassonHoops.com/weeknightworkouts](http://HassonHoops.com/weeknightworkouts)*