



PERSONAL BASKETBALL TRAINING

One-On-One
Partner
Small Group
Team

Turn your weaknesses into strengths and your strengths into weapons.

With

JOHN HEGWOOD

CYDC Panthers Director of Basketball & Calgary Elite Director of Basketball Operations

CYDC Panthers Personal Basketball Training is an individual training program designed to improve your skills. The extra time you spend training can help you make the team, propel you ahead of others, or set you apart as one of the best players in the city or province. Athleticism can make you a competitive player, but being fundamentally sound will increase your versatility and value. It is important to evaluate your skill level and set the goal you want to achieve as a player (make the team, start varsity, play college basketball, play pro ball...). Each individual has different goals and needs so the training sessions are designed to improve your basketball ability and take your game to the next skill level. Training sessions focus on identifying weaknesses, developing strategies and drills, and developing proper training habits. Individual workouts will improve strengths and punish weaknesses. Sessions are intense and you will be pushed hard to accomplish your goals, improve your skill level, and develop confidence and consistency in your ability.

CYDC Panthers Personal Basketball Training includes:

- Defensive moves
- Offensive moves
- Catch and pivot
- Free throws
- Ball handling
- Quickness
- Stamina
- Attacking the basket
- Movement with & without the ball
- Shooting with & without the dribble
- Low post moves
- Videotape analysis

CYDC Panthers Personal Basketball Training Rates

(additional gym rental fee is required for indoor sessions)

<i>CYDC Panthers or CMBA Membership Rate</i>	<i>Non-Membership Rate</i>
\$50 per hour (individual)	\$60 per hour (individual)
\$35 per hour each (2 players)	\$45 per hour each (2 players)
\$30 per hour each (3-5 players)	\$40 per hour each (3-5 Players)
\$200 for 90 minutes (Team Rate)	\$200 for 90 minutes (Team Rate)

Call 403-852-8031 or email john.hegwood@cydcbasketball.com for more information.

WWW.CYDCBASKETBALL.COM

