



HOOP 10 Agility and Shooting Clinics

Agility and Shooting Clinics include training in both athletic movement – speed, agility, strength, and power, and shooting ability – fundamental to advanced offensive skills.

When: Monday Evenings – March 30
April 13
May 11
June 29
July 13

Agility and Shooting I: 3 rd Grade – 6 th Grade	6:00 – 7:30 p.m.
Agility and Shooting II: 7 th Grade – High School	7:30 – 9:00 p.m.

Where: Sam Houston Middle School Main Gym
815 S. Independence
Amarillo, Texas

Registration: At first clinic – March 30

Registration Fee: \$100.00 for all 5 clinics or \$25.00 per session

Agility and Shooting I

3rd Grade – 6th Grade

Agility training for younger athletes places a high priority on running techniques, athletic coordination, balance, and movement patterns. Our goal is to establish the child's athletic foundation for improved performance, injury prevention, and long term success. Shooting drills begin with fundamentals – shooting form, lay ups, jump shots, and set shots. Athletes are also trained to shoot off the pass, dribble, and screen.

Agility and Shooting II

7th Grade – High School

For older athletes, technique is fine tuned and the final pieces to build the total player are provided in agility training. This program will provide a combination of athletic skills training so that competing in the game seems effortless. Advanced shooting skills are perfected – shooting off the move, getting open for the shot, position work, and much, much more.

For more information contact Coach Johnna Pointer at 806-292-1010 or www.hoop10.com.