

# HOOP SPEED TRAINING

## BASKETBALL TRAINING

IMPROVE ON:

**FOOTWORK**

**ACCELERATION**

**LATERAL AGILITY**

**BALANCE**

**CHANGE OF DIRECTION**

**BODY CONTROL SKILLS**



**IMPROVE DRIBBLING, SHOOTING, PASSING, DEFENDING, & REBOUNDING**

**DECEMBER 16, 2016 - JANUARY 6, 2017**

**6:00 PM TO 7:30 PM**

**BOYS AGES 12 AND OLDER**

**\$45 FOR COCONUT CREEK RESIDENTS**

**\$55 FOR NON-RESIDENTS**



**RECREATION COMPLEX, 4455 SOL PRESS BLVD**

Registration information:

Space is limited to 16 participants. Register online at [www.coconutcreek.net/webtrac](http://www.coconutcreek.net/webtrac) or at the Rec Complex. You must have a WebTrac account prior to registration. To set up a WebTrac account, please visit either the Recreation Complex or the Community Center.

Rectrac #: 110807-48