

MILES AHEAD YOUTH ORGANIZATION

Youth Basketball 101

Spring Player Development

Come develop your basketball skills by taking part in skill development workouts for boys and girls ages 9 - 14.

Start Date: 3/22/09 – 4/12/09

Workouts will begin Sunday March 15, 2009 and will continue each Sunday through April 12, 2009.

Time: 3:00-5:00 PM

Subject to change

Location: Johnson Park Recreation Center
1781 Ebenezer Road, Conyers, GA

Cost: \$10.00 per session, \$30.00 for the 4 sessions.

Highlights: Ball handling drills, dribbling drills, passing drills, shooting drills, footwork drills, strength & conditioning drills, one on one development, mental aspect.

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