



*** PROFESSIONAL BASKETBALL TRAINING WORKOUTS FOR BOYS & GIRLS ALL AGES.**

*** ALL WORKOUTS WILL BE HELD AT THE RIVERWINDS COMMUNITY CENTER**

*** LOCATED AT 1000 RIVERWINDS DRIVE WEST DEPTFORD NJ**

WORKOUTS CONDUCTED BY THE BASKETBALL DEVELOPMENT GROUP INC.

FOR INFORMATION PLEASE CALL: 856-583-0535

The Basketball Development Group (BDG) is pleased to announce that they will be offering basketball workouts and training programs for all players at Riverwinds community Center in West Deptford NJ. The programs which will start in the spring will be geared for beginners from 10 years old to elite high school players. The workouts for beginner players are purposely designed to have fun and build confidence while learning the game. The sessions for middle and high school players are designed to improve each player's individual game and basketball IQ. It is a proven fact that players who have strong fundamental skills can play at higher levels of competition. The Basketball Development Group has been providing professional basketball workouts and shooting sessions for over a decade in South Jersey. BDG is well known through out the area as a highly successful well run organization. Its elite travel program (South Jersey Jazz) has produced over 900 high school players and 155 college players. The workout and shooting sessions will start in April and be available throughout the summer.

These are the 3 programs that we will be offering . Please check the program you are interested in.

_____ (1) Beginners Fundamental Skills Workout: This program is for players 8 to 12 years old. Both boys and girls are welcome. Players will be taught basketball skills to play competitively. These workouts are designed to get players ready for basketball competition. Each group session is approximately one hour. **Fees: \$25 for 4 sessions or \$30 per session. Minimum group size: 3 players**

_____ (2) The Gun Shooting Sessions for Middle School & High School players: This program is designed to get a player ready to shoot and move at game speed. Each player will learn how to make space to shoot. They will also learn about foot work, repetition and shooting arc. These workouts coupled with muscle memory are necessary ingredients for a player to be a successful shooter. The entire session will be conducted with a professional basketball training machine called The Gun. The Gun allows each player to get off hundreds of shots an hour while developing proper shooting form. Each group session is one hour long. **Fees: \$110 for 4 sessions or \$30 per session. Minimum group size: 3 players, Maximum group size 6 players.**

_____ (3) Advanced Player Skills & Shooting Sessions: This program is designed for middle school and high school advanced players. All Players will learn how to get game Shots at game Spots while moving at game Speed. The entire workout will be conducted on our Shooting Gun which is a professional basketball training machine that is used by major universities and colleges. The Gun allows each player to get off hundreds of shots an hour while developing proper form and muscle memory which builds a players confidence. Our teaching method, which is also used by some of the most successful college coaches, creates game speed situations which make shooting fun and productive. Players get a cardio workout as well as a tune up on footwork, passing, dribbling and screening in motion offensive sets. Players will also work on a dribble drive and attack segment that teaches them how to penetrate, advance into the lane and get to the foul line. This combined with ball handling drills, defensive close out drills makes it one of the best workouts available. Each session is approximately one hour long. **Fees: \$110 for 4 sessions or \$30 per session. Minimum group size: 3 players, Maximum group size 6 players.**

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