



## **PURE SWEAT BASKETBALL SKILLS TRAINING**

**Individual & Small Groups, Academies, Camps/Clinics**

### **SKILLS COVERED:**

RESISTANCE DRIBBLING

BALL SCREEN WORK

ONE-ON-ONE MOVES

FINISHING TECHNIQUES

TRIPLE THREAT PLAY

DEFENSIVE PRINCIPALS

HOW TO READ AND BEAT DEFENDERS

OFF THE BALL WORK

**BOYS AND GIRLS 4<sup>th</sup> – 12<sup>th</sup> GRADE**

**CONTACT ME TODAY!**

**[Thannon@puresweatbasketball.com](mailto:Thannon@puresweatbasketball.com)**

**517.206.1171**

**ALL WORKOUTS AND TRAINING LED BY:**

**ELITE SKILLS COACH TRAFFORD HANNON**

