



## Pricing: Training Packages

<u>SESSIONS:</u>	<u>1-S</u>	<u>8-S</u> {1S-Free}	<u>12-S</u> {2S-Free}
<b>A. Individual Private Training:</b>			
60 minutes:	\$75	\$525	\$750
30 minutes:	\$50	\$350	\$500
<b>B. Group Training:</b>			
60 minutes: {3-5 people}	\$50	\$350	\$500
30 minutes: {3-5 people}	\$25	\$175	\$250
<b>C. TEAM Training:</b>			
Price Dependent on Team Size	<u>1-Hour</u> \$350	<u>1½-Hour</u> \$500	<u>2-Hour</u> \$600

- *Personalized and team training please contact us for Schedule & Fee arrangement*
- *Clinics may change from time to time.*
- *Fees may vary for all programs*



## **Training Packages:**

### **A. Private Training:**

1-ON-1 focused Player Development

### **B. Group Training:**

Focused on Small Group Training

### **C. Team Training:**

Focused on Team Training

## 1. **Basketball Training:**

- 1.1. Shooting Lab 101:
  - 1.1.1. Master Shooting Mechanics
  - 1.1.2. The GUN Shooter
- 1.2. Point Guard 101:
  - 1.2.1. Develop Ball handling and Passing skills
- 1.3. Private Skills Training:
  - 1.3.1. Footwork and Agility
  - 1.3.2. Hand Eye Coordination
  - 1.3.3. Ball-Handling
  - 1.3.4. Shooting Mechanics

## 2. **Soccer Training:**

- 1.1. Ball Control & Footwork
- 1.2. Speed & Agility
- 1.3. Strikers
- 1.4. Skills 360
- 1.5. TOCA

## 3. **Sports Performance Training:**

- 1.1. Speed and Agility
- 1.2. Core & Strength
- 1.3. Plyometric Workouts
- 1.4. Vertimax Training
- 1.5. Circuit Training