



2017 FALL WARM - UP PRACTICE SCHEDULE

FACILITY – KITS SPORTS CENTER – 325 SURRYSE RD – LAKE ZURICH

<u>DAY OF WEEK</u>	<u>GRADE LEVEL</u>	<u>TIME</u>
WEDNESDAY	K-3rd Grade Rookie Practice	4:00-5:00 PM
WEDNESDAY	3 rd -4 th Grade Skills	5:00-6:00PM
WEDNESDAY	5 TH -6 TH Grade Advanced Skills	6:00-7:00PM

DATES: SEPTEMBER 13, 20, 27, OCTOBER 4, 11, 18

SESSION 1 PRACTICE COST: \$140 (\$120 with Reversible Orange/White Jersey)

(Can pay online at www.kitsportscenter.com)



PRACTICE DESCRIPTIONS:

ROOKIE DEVELOPMENT K-2ND GRADE: This practice will break kids into age and skill appropriate groups while working on ball handling, passing, shooting, lay-ups, and defense. The class will also focus on teaching the rules of the game and a greater understanding of basketball strategy while providing a fun and safe environment for kids of all ages and ability.

PLAY HARD SKILLS 3RD-4TH GRADE: This practice will break kids into age and skill appropriate groups while working on ball handling, passing, shooting, lay-ups, and defense. The class will also focus on more advanced concepts as well as teaching the rules of the game in an encouraging environment for kids of all ages and ability.

ADVANCED SKILLS 5th-6th GRADE: This practice will focus on skill improvement in ball handling, passing, shooting, footwork and individual scoring moves. It will be run very much like a practice that will also incorporate the necessary skills into game situation drills. The class will also finish with controlled game play where continuous instruction will be given in efforts to improve the individual in game situations.

For More Info: CoachA@playhardhoops.com

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