



MSB has developed this program to help you improve your one-on-one skills.

Many times you will receive a pass on the court and find that, although you are guarded, you are the closest one to the basket. It's now up to you to make a move with the ball so you can get off your shot. This is where you get to add your personal offensive touch. **Being able to execute more than one individual move with the ball will greatly help you get free for your shot.**

Each session will spend 30 minutes working on moves and 45 minutes playing one-on-one. You can sign up for one or all sessions ~ whatever works best for you.

DATES:

GIRLS: April 2, 16, 30, May 14

BOYS: April 9, 23, May 7, 21

TIMES:

Apple Valley

Grades 5th & 6th 9:00-10:15 a.m.
Grades 7th & 8th 10:15-11:30 a.m.
Grades 9th-12th 11:30 a.m. - 12:45 p.m.

Limit of 6 people per session (one instructor)

Plymouth

Grades 5th & 6th 12-1:15 p.m.
Grades 7th & 8th 1:15-2:30 p.m.
Grades 9th-12th 2:30-3:45 p.m.

Limit of 12 people per session (two instructors)

COST: \$20 per kid per session that they sign-up for. *Must be prepaid. Non-refundable without a 14 day cancellation notice.*

TO REGISTER:

E-mail us the following info at **bdammann@frontiernet.net**

- 1. Athletes Name**
- 2. Athletes Grade**
- 3. Phone #**
- 4. Date(s)**
- 5. Location**

Call 952-898-9626 with any questions.

NOTE: We must have at least **THREE** registered in order to run the session.



www.mnschoolbball.com

PLYMOUTH Facility

2530 Xenium Lane No., Plymouth, MN 55441-3627
(Next to Acceleration NW and across the street from Red Robin)

APPLE VALLEY Facility

5708 Upper 147th St., Suite 110
Apple Valley, MN 55124