

Nothing But Net JR

Better Basketball Training

FOR AGES 7-10

Mondays 4:30-5:30

Wednesdays 5:00-6:00

\$45 class drop in anytime

Limited Space!



SHOOTING TECHNIQUE
30 MIN W/ COACH CANDACE

Focus on Learning to Shoot when Fatigued -
Correct Form & Muscle Memory, Shooting
Skills & Development

SPORT SPECIFIC TRAINING
30 MIN W/ TRAINER

Enhance your training to include injury prevention and how to warm up properly for better game performance. Movements will include plyometric exercises for enhanced power in skills such as rebounding, lay ups, contesting shots, etc. Strength training will take place in multiple planes to enhance defensive and offensive positioning. Conditioning will be implemented to ensure aerobic work capacity is enough to sustain on court output.



Register with Coach Candace at bunnell@hqfit.com



310 Hwy 31 N • Flemington, NJ
HQFIT.COM



COACH CANDACE BUNNELL