

BASKETBALL SKILLS TRAINING



Take your game to the next level with a personal basketball trainer! Our top-notch basketball trainers focus individual training sessions around assisting players with the advancement of their individual skill level. From defense to offense, players are evaluated, drilled and instructed through individually-tailored workouts that are designed to take a player to the next level. Sessions are personal and focus on the individual player's skill needs.



We also incorporate some weight-lifting, vertical tips, core exercises, speed & agility training, muscle stretching, and basically anything else to help you become more athletic.

By appointment at (561) 223-5232

\$35/hr (individual)

Partner, Small Group and Team Rates available upon request.