

# *East Windsor Boys Basketball*

## *2nd Annual Panther Tune-Up Clinic*

Come Join the East Windsor Boys Basketball Team and Staff for three sessions of working on skills, drills, and fundamentals in all facets of the game, to get you prepared for your 2018 Travel & Rec Season

*Open to all Boys & Girls in 5<sup>th</sup> Grade – 8<sup>th</sup> Grade*

The cost for all three sessions is:

\$40 single player (full 3 sessions)

\$60 family of two or more (full 3 sessions)

\$20 per each session (if not attending all 3)

Sunday Oct 7<sup>th</sup> – Sunday Oct 14<sup>th</sup> – Sunday Oct 21<sup>st</sup>

6:30pm-8:00pm EWHS Gym

**Session 1** – Dribbling, Passing, Running the Court, Basketball Terminology & IQ, Stretching Importance

**Session 2** – Defense, Man 2 Man Shell Principles, Zone Defense, Boxing Out, Defense Terminology and IQ

**Session 3** – Shooting, Finishing Drives, Fast Breaks, Free Throws, Offense Terminology & IQ, Attacking a zone defense, Offensive Spacing

\*\*\*To Register please contact the staff at [ewboysbasketball@gmail.com](mailto:ewboysbasketball@gmail.com). Please include age, grade, and what level the athlete played last season (ex. AAU, Travel or Rec)\*\*\*