

REAL COACH TRAINING IS BACK!



I AM LOOKING FOR *SERIOUS* BASKETBALL PLAYERS OF ALL AGES WHO *DEEPLY DESIRE* TO IMPROVE! I GUARANTEE THAT EVEN A FEW 60 MINUTE SESSIONS YOU WILL SEE *DRAMATIC* IMPROVEMENT! MY SPECIALTY IS SHOOTING – I TEACH EVERY CLIENT A *400* SHOT ROUTINE THAT USES THE “R.P.I.” METHOD: REPITION – PRESSURE – INTENSITY. *WE DO NOT TAKE SHOTS IN MY WORKOUT WITHOUT R.P.!!*

NEXT UP WE GET RID OF THAT WEAK HAND! WE USE PROVEN BALLHANDLING DRILLS! MY FINAL EMPHASIS ~~IS BEING A~~ *BREAKING SCORER* ! I TEACH A DOWNHILL MENTALITY – NOT “And one ~~TO NOT~~ that _____ WORK IN LIVE GAMES!

I TRAIN CLIENTS SEVERAL DAYS PER WEEK AT THE SOUTHWEST RECREATION CENTER AND PROMISE THE LEAST YOU WILL GET IS A TOP NOTCH *SUPER SWEAT WORKOUT.*

PLEASE EMAIL ME AT gdanders05@gmail.com and I will give you the details, training times and pricing. Or call at 303-888-1269

I can also provide references. I am CPR and First Aid certified I am an elementary PE teacher and coached high school basketball since 1982.

Real Coach reviews:

"As a **Division 2** college basketball player, I have gone through many workouts at many levels from people ranging from YMCA to NBA coaches. Of all these workouts, Coach Anderson's was the most effective at combining a high number of game speed shots with a difficult fitness level. I would highly recommend this workout for players at all levels, including my college teammates." **Brendan Mann Colorado Christian University and former player**

We started working with Gary because he is respected and highly recommended by people that he has coached with in high school basketball. They commended his knowledge of the game, enthusiasm for teaching it and ability to effectively work with kids and teenagers. Gary has been working with my son for a year and a half and we've found all of this to be accurate. His “RIP” (repetition, intensity & pressure) technique seems to be very effective. Although it stresses the intensity and pressure, Gary incorporates it with a personal touch that is very encouraging and my son has responded very positive to it. We plan to continue working with Gary indefinitely and would recommend him to anyone. **Thomas Gherna – Parent of client**

To put it simply, Coach Anderson is the best. He inspires and strives for excellence, and brings you to a level you didn't think you had. Even more, the life lessons he will teach you are above the incredible improvement you'll see in any athletic sphere. I wouldn't be where I am today without this amazing coach, but more importantly friend.

Cameron Pearson – former client and player