



1on1

Basketball Sessions

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 may sign-up for any or all of the five Saturday sessions offered.

DATES:

GIRLS: April 3, 17, May 1, 15, 29

BOYS: April 10, 24, May 8, 22, June 5

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.

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

**To register or for more information call 952.898.9626
from 10:30 a.m. to 7:30 p.m.**

Check out our website at 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