

A Message From Duez

As a player who has played and excelled at many different levels of basketball I know the work and determination that it takes to become a complete player. I pride myself on getting the best



out of any player that I work with, no matter their skill level. Skill development

has become a lost art, in the age of "High Exposure" camps and travel teams. While these are both important for the development of players, skill development, above everything else is most important in becoming a "Complete Player."

-Duez

About Duez

- European Professional Head Coach, (USC Leipzig, Germany)
- Played professionally for 6 years in Europe
- University of Iowa (1998-2002)
- Captain and starting member of Big Ten Tournament Championship team
- Over 5 years experience of conducting private and one on one basketball training
- Has conducted clinics and held private workouts for over 200 players

Duez has competed at the professional level for 6 years, after completing a rewarding 4 year career at the University of Iowa. During this time he has led his team in scoring and rebounding 4 times, while serving as team captain 5 times, among other honors. He has also just completed his first season as Head Coach, in Leipzig Germany. He not only brings great knowledge of the game, but a great passion to help players become the best player possible.



Personal Basketball Training



duez@bound4glorysports.com

(M) 313.622.4918

Bound 4 Glory Sports

Bound 4 Glory Sports is dedicated to providing an individualized setting where players can learn at their own pace, regardless of skill level. From defense to offense, the player is evaluated and given instruction so they can develop and improve.



Areas of focus include

- Shooting mechanics
- Ball-handling skills
- Moving without the ball
- Understanding of offensive and defensive principles
- Extensive attention to both perimeter and post footwork
- Mental approach to the game.

What is Offered?

Small Group Training

Small group training offers a chance to learn in a semi-private environment. Small group sessions are for groups of 2-5 players. You must form your own group with the players you want. Small group training offers a chance for teammates/friends/siblings etc. to learn together. These workouts will offer individualized instruction in a small group setting; with a maximum player to trainer ratio of 5:1 I insure that players will receive quality skill instruction.

Individual Training

Individual sessions offer players a chance to work with Duez in a private, one on one environment. These sessions last one hour and are custom designed for the skill development of each individual player. During this hour Duez will focus on the repetition of fundamental drills, paired with advanced concepts, to develop a complete understanding of the game.

Who, Where,When,Pricing

Who:

**Farmington Basketball Players
Grades 3rd-8th
Boy & Girls**

Where:

Various gyms in Farmington

When:

Weekday evening and selected weekend times

Scheduled at your convenience

Pricing:

Individual — \$45 per session

2 players —\$35 per player

3 or more players —\$30 per player

How to Register

By Email:

duez@bound4glorysports.com

By Phone:

313.622.4918