



Team Training

with Minnesota Developmental Basketball (MDB)

At **MDB**, we can help your players and/or team develop and improve a variety of skills. Whether it is improving shooting skills, learning to run various motion offenses, implementing a fast break offense, developing a helping-man-to-man team defense or improving team rebounding skills, **MDB** is the program for your team.

- Running Motion Offenses
- Man-to-Man Team Defense
- Running a Fast Break
- Team Rebounding
- Offenses vs. Zone Defenses
- Perimeter and Post Skills & Moves
- Shooting Off of the Dribble & Pass
- Ball-Handling Skills vs. Pressure
- Drills for improving shooting mechanics
- Drills for improving ball-handling skills

FREE training for Eastview Travel teams.

1 and 1.5 hour sessions are available.

**You can choose to come to our facility in Bloomington
or we will come to your place of practice.**

To schedule a Team Training session please contact

Alison at 952/346-8866 or email at

mdbball1@qwestoffice.net.