

yWBallers presents

Lock Down player, Shut Down Team

With this clinic your child game time will increase instantly. Just think about it, what coach would take out their best defender? This clinic will emphasize on the importance of defense and the different styles to perform it. The participants will learn the proper stance, how to play man to man, how to set up zone, the correct rotation and switching, and rebounding. This clinic will also give out homework to increase players basketball I.Q. and much more.

Highlights

- * Conditioning
- * Man to man defense
 - * Zone defense
 - * Defense stance
- * Defensive rotation
 - * Foot work
 - * Rebounding
 - * Trapping
- * Taking a charge
 - * Blocking

