

Basketball Training & Tactics at Corpus Christi

Workout/clinics for the players who are just starting and need help with fundamentals as well as for the experienced shooter looking for an extra “edge”.

Individualized lessons, workout/clinics, focusing on shooting form (technique, bio-mechanics) and the “Mental Game” that helps develop the right attitude and disposition that builds up consistency, concentration and confidence.

More fun playing basketball

Team workout/clinics are one hour and a half.

Highlights of the Workout/Clinics

- ✓ Hand, finger, shoulder, hip alignment to improve accuracy
- ✓ How “alignment” to the basket is better than “square up”
- ✓ How to develop balance, power and range
- ✓ How to properly warm up and stretch before and after
- ✓ Routines to improve and develop focus and get rid of fear or nervousness
- ✓ Mental training techniques that develop self-confidence, positive attitude to fight the “Fear of Failure”.
- ✓ How to use self-talk for better shooting and confidence
- ✓ Drills to develop solid habits and game like situations to practice skills at the right place and time (Game Sense).
- ✓ A positive, assertive and pro-active environment to learn

Instructor/Coach – Tiny Cains

Over 35 years of experience, coaching from JV and Varsity levels in HS; AAU, College and Professional. Former Head Scout of the Puerto Rico National Team. Worked as broadcaster for ESPN International, ESPN Deportes, and MSG Network/NY Knicks.

For information please call/email

Make Checks Payable to: Juan Cains

(860) 922-3413 cains55@aol.com

Tuesdays and Thursdays 6:00-7:30pm

Saturdays 11:00-12:30

Starting September 4 2018

Corpus Christi School (581 Silas Deane Highway, Wethersfield, CT)

Grades 5 and up

\$160.00/per month (2 days a week)

\$180.00/per month (3 days a week)

Single Clinic \$35.00/each

