

2023 Norfolk D-League Winter Weekly Skills Series

Tuesday and Thursday Evenings
Begins January 17th & ends Feb 16th
Location: Gym 2 @ YMCA in Norfolk

6:30-7:30pm: Grades 4-6 Boys/Girls

7:30-8:30pm: Grades 7-8 Boys/Girls

*Limited to 30 players per session

- Emphasis on Player Development
- Increase Skill & Fundamentals
- Very High Energy with Lots of Reps
- Efficient Workouts
- Conducted by Impact Certified Coaches
- **Bring Your Own Basketball**

These sessions will be focused on fundamentals such as footwork, ball-handling, shooting, passing, player movement with and without the ball, and other basketball in-game concepts.

Cost is \$200 per player. Payment due by January

Drop in fee is \$30 per session

Checks made payable to Nebraska D-League

Venmo @nebraskadleague

Questions please email mschultze@nebraskadleague.com