

T2H

2020 TRAINING GUIDE



**PRIVATE TRAINING
& SMALL GROUPS**

**GROUP
TRAINING**

ADD ONS

SUBSCRIPTIONS



PRIVATE TRAINING/SMALL GROUPS

PRIVATE TRAINING

Private 1 on 1 instruction where you receive 100% of our attention to detail on your game. In this session, you will receive custom tailored training to your developmental needs.

Duration: 60 minutes

Availability: Monday-Friday, 7AM-3:30PM*

\$75 per person

*Additional charge for exclusive weekends & evenings out of hour services.

[BOOK HERE](#)

SIBLING TRAINING

Save up to \$50 by allowing your sibling to share a private training session! (Minimum 2 siblings).

Duration: 60 minutes

Availability: Monday-Friday, 7AM-3:30PM*

\$50 per person

*Additional charge for exclusive weekends & evenings out of hour services.

[BOOK HERE](#)

BUDDY TRAINING

Semi Private Session for friends & teammates! Or Allow us to push your game by pairing you with athletes that share a similar skill level. This session is capped at 6 athletes and consists of competitive drills that allow for skill development and game implementation!

Duration: 60 minutes

Availability: Monday-Friday, 7AM-3:30PM*

\$60 per person

*Additional charge for exclusive weekends & evenings out of hour services.

[BOOK HERE](#)

TEAM TRAINING

Team Training Sessions are great for club or AAU teams needing to implement skills training into their practices. We will improve any team weaknesses while providing coaches/players with drills & strategies to improve their individual skills (Maximum 12 Players).

Duration: 60 minutes (up to 120 minutes*)

Availability: Flexible

\$200

*Additional charge for any extended time beyond 60 minutes.

[BOOK HERE](#)



GROUP TRAINING

HIGH LEVEL TRAINING

This training allows athletes to elevate their game to the next level through competitive drills that allow for skill development and game implementation in a High Level competitive environment.

This group will consist of Pro, College, Varsity, High School & Junior High talent. It is open to any client that believes they can perform or compete at a high level. Groups are always tailored towards the top talent!

Duration: 75 minutes

Availability: Monday & Wednesday, 1-2:15PM

\$50 per person

[BOOK HERE](#)

MID LEVEL TRAINING

This training allows for skill development in a Mid-level competitive environment. This group will consist of players that need a slower pace and the opportunity to build confidence. This group is also open to beginners that need to work with other experience players to push forward their development.

Duration: 60 minutes

Availability: Wednesday, 10-11AM

\$45 per person

[BOOK HERE](#)





SHOOTING CLINIC

The Shooting Clinic is a progressive shooting class by focusing on proper shooting mechanics involved in creating a Consistent SHOT by building up towards competitive shooting Drills. We will develop all necessary characteristics to become a consistent In-Game shooter from all possible shot options/scenarios.

Duration: 75 minutes

Availability: Tuesday & Thursday, 1-2:15PM

\$50 per person

[BOOK HERE](#)

BALL HANDLING

The Ball Handling Clinic will take you through a series of ball handling drills that will help you become confident against the toughest defenders with the use of cones, tennis balls progressing from stationary to on the move!

Duration: 60 minutes

Availability: Friday, 12-1PM

\$45 per person

[BOOK HERE](#)

ADD ONS

POST PRACTICE BALL HANDLING REPS

Post practice Reps are where Elite Athletes separate themselves from the competition. Gain an edge with 30 minutes of intense Ball Handling work following your training session.

Duration: 30 minutes additional to your session.

Availability: Private Training, Sibling Training, Buddy Training, High Level Training, Mid Level Training, Ball Handling Clinic & Team Training.

\$20 per person

POST PRACTICE CONDITIONING AND AGILITY TRAINING

Post practice Reps is how you gain an edge on your competition. All Elite Athletes are well conditioned machines. Get Fit with 20 minutes of Sprints, Jump Rope, Hurdles & ladder work following your training session.

Duration: 20 minutes additional to your session.

Availability: Private Training, Sibling Training, Buddy Training, High Level Training, Mid Level Training, Ball Handling Clinic & Team Training.

\$20 per person

POST PRACTICE SHOOTING

In order to become a great shooter like Steph Curry, you must put in hundreds of Reps! The great shooters always put in extra Post practice Shooting. Get up to 100 3's from your spots following your training session.

Availability: Shooting Clinic & High Level Training.

\$20 per person

SUBSCRIPTIONS

HIGH LEVEL TRAINING & SHOOTING CLINIC SUBSCRIPTION

Save \$50! Receive 4 group training sessions weekly for the price of 3! Every week we offer High Level Training on Monday & Wednesdays and our Shooting Clinic on Tuesdays and Thursday at 1pm.

Weekly subscription of \$150 per week and attend all 4 classes!

*Usually \$50 per session - save \$50.00 by subscribing.

[BOOK HERE](#)

MID LEVEL TRAINING & BALL HANDLING SUBSCRIPTION

Save \$20! Receive 2 group training sessions weekly for \$60! Every week we offer our high level training on Wednesdays @10am and our shooting clinic on Fridays 12pm.

Weekly subscription of \$60 per week to attend both classes.

*Usually \$40.00 per session - save \$20 by subscribing.

[BOOK HERE](#)

Subscriptions require a small fee and can be cancelled at any time!

OUT OF TOWN TRAINING/CLINICS

I will travel to your home state/country for a personalized clinic or session. If you are interested in having me come train you or your group then please inquire drew@drewlasker.com

