



2019-2020 WINTER BASKETBALL PROGRAMS

SATURDAY INTENSIVE TRAINING SUNDAY HIGH 'N SOFT SHOOTING

November 23rd - February 15th

Winter Break: 12/14, 12/21, 12/28

November 24th - February 16th

Winter Break: 12/15, 12/22, 12/29

TIME & AGES

The Club League: Ages 7-9yrs

10:30AM-12:00PM: Ages 10-12

12:00PM-1:30PM: Ages 12-14

1:30PM-3:30PM: Ages 14-17

TIME & AGES

10:00AM - 12:00PM

All AGES WILL BE SPLIT ACCORDINGLY

Register Online Now

Register at

WWW.ANMSPORTSACADEMY.COM

LOCATION

P.S 87 William T. Sherman School
160 W 78th St.

Between Amsterdam & Columbus
2nd Fl. Gymnasium

TRAINING WILL FOCUS ON:

Full Court Games

Analysis of Game Situations

Leadership on- and off-the-court

Ball handling, passing,
court vision, and in-game strategy

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INTENSIVE TRAINING

The science of the jump-shot

Effective & efficient body movement

Better breathing to improve 3 point shooting

Tactical shooting: Off the dribble, spot ups,
step backs & many more

**** December 7th and 8th, Programs move to P.S. 133 ****

133 Fred R. Moore School PS 133 Fred R. Moore School

2121 5th Ave, New York, NY

East 131st between 5th Ave & Madison Ave

*****NEW OFFERING*****

THE CLUB LEAGUE

SATURDAY

Ages 7-9yrs: 9:30AM- 10:30AM

www.anmsportsacademy.com