



Junior Cougar Fall Skills Basketball Program

The Junior Cougar Fall Skills Basketball Program is for boys in grades 1-8. The skills clinic will be held on Sunday nights-September 10, 17, 24 and October 1 and 8 from 4-5:30pm. The focus of the clinics will be fundamentals such as shooting, dribbling, passing, 1 on 1 moves, individual defense, and small sided games. Each session will be for 1 ½ hours with the first hour devoted to fundamentals and the last ½ hour devoted to 3/3, 4/4, or 5/5 games. The clinics will be taught by Gross Catholic Head Coach Tim Powers and the boys basketball coaching staff. The cost of the Fall clinics is \$25. To register or if you have any questions please email Tim Powers at powers@gcgmail.org.

