

“CORE” BASKETBALL TRAINING



-Player Development -

Individual Training

- Shooting
- Dribbling
- Footwork
- Speed/Agilities
- Basketball IQ

Shot Factory

- Elite Shot Training
- Video Shooting Techniques

Progression Training

- Shots Off the Dribble
- Jab Series
- Moves On the Move
- Pick & Roll
- Playmaking/Creating Space
- Shooting
- Agilities
- Core Strength Training

- Staff -

Director/Trainer – Jeff Brenning

37 Years Basketball Coaching
30 Years-Head Varsity HS Level -
17 Years-Boys...13 Years-Girls
4 Years Asst. Men’s-College Level
Staff-Fellowship of Christian Athletes

Trainer – John Wheeler

13 Years Basketball Coaching
Asst. Boys Coach Olentangy Orange HS

Fees: (per hour)

\$30 – 1 on 1 Training
\$25 – per player for 2-4 players
\$100 – 1 on 1 Package -4 Sessions
Cash or checks payable to : Jeff Brenning

Contact for questions and availability:

Coach Jeff Brenning - jbrenning@fca.org or
614-218-7983

Facility:

Glen’s Sports Barn
11283 Fancher Rd, Westerville, OH 43082

Strengthen Your “Core.” Improve Your Fundamentals & Improve Your Game!

“May you be strengthened with all power, according to His glorious might, for all endurance and patience, with joy.” Colossians 1:11

