

# The EDGE - Summer 2023 Brochure

The Edge provides intensive, focused, small group **fundamental** basketball training. Each session is **coed** and will be limited to a maximum of 15 trainees so that instruction is more personal and intensive in nature. **Travis Hoeg**, owner and lead Edge instructor, has 27 years of coaching experience between elementary, middle, and high school. Training will be held at Ben Franklin Middle School in gym 2.

## Training Focus:

- **Offensive Skills- focus on downhill attacks, shooting, and ball handling.**
  - Downhill Attacks**-Repetitive focus in the art of **attacking the rim**. Players will work on triple threat, jab steps, hesitations, rips, proper footwork, dribble set ups, and various finishes around the rim.
  - Shooting**- Intensive training in the art of shooting with emphasis on footwork, speed, hand placement, release, reads off screens, stationary shooting, dribble pull ups, and floaters.
  - Ball handling** skill development. Players will gain confidence in all areas of ball handling with an emphasis on ball control, hand/ball speed, and tempo. Proper footwork with dribble setups will be incorporated as well.

## Session Information

This summer there will be 4 sessions to choose from. Each session is \$90. Athletes can sign up for multiple sessions if they choose.

**Session 1 June 19-23**

**Grades 3-5 Train from 12:00-1:00**

**Session 2 June 26-30**

**Grades 6-8 Train from 1:00-2:00**

**Session 3 July 17-21**

**Grades 9-12 Train from 2:00-3:00**

**Session 4 July 24-28**

One on one training and small group/team training is available. If interested, please contact me at [hoegtr@gmail.com](mailto:hoegtr@gmail.com) to get more information. Questions??  
Call Travis Hoeg 701-893-5292