



MDB

Weeknight Clinics

Shooting, Ball-Handling, SSV & Post Player

Minnesota Developmental Basketball (MDB) will be offering these clinics for boys and girls, grades 4-11. The focus of this program will be on developing good basketball habits, improving skills and building self-confidence. A few of the skills taught include jump stops, pivoting, shooting form & mechanics, posting up, dribbling, passing skills, movement without the ball and rebounding.

Location: MDB Facility in Bloomington, 2040 West 98th Street. One block East of 98th & Penn Ave.

Dates & times: **Mondays, Grades 4-11**

SSV> 6:00-7:00pm

(SSV: foot speed, vertical jump, lateral quickness & lower body explosiveness)

Post Player/Shooting> 7:00-8:00pm

Tuesdays/Wednesdays/Thursdays, Grades 4-11

Ball-handling> 6:00-7:00 p.m.

Shooting> 7:00-8:00 p.m.

Cost: Each session is \$15.00/hr or \$12.50/hr for two or more sessions within the same week.

Registration Form

Player's Name: _____ Grade: _____

Address: _____

City: _____ Zip: _____

Parent/Guardian Name(s): _____

Work Phone (Dad): _____ Work Phone (Mom): _____

Home Phone: _____ Cell Phone: _____

Email(s): _____

Visa/Mastercard payment: # _____ Exp: ____/____

Make check payable to/mail to: MDB~2050 West 96th Street~Bloomington, MN 55431

Information: 952.346.8866

Email: [mdbContext1@qwestoffice.net](mailto:mdbball1@qwestoffice.net)

Signature _____ (Parent/Guardian signature required)