

REVOLUTION

BASKETBALL TRAINING

MANCHESTER  MILFORD



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SKILL LAB

- * *Small Group Training*
- * *Personal Training*
- * *Team Training*

Revolution Basketball Training (RBT) is a basketball development training center.

We focus on

Individual, Intense, & Innovative

(the "Triple I") basketball skill development in a small group setting with a consistent regimen of practice.

Our facility is open to boys and girls grades 2 and up.

This event is in mid October so wanted to push this event first given the timeframe. See below

Every player deserves to have a **blueprint** for how to become an offensive threat on the court. With so much training information at our fingertips, it's hard to know what to focus on so we can get that blueprint. It's about focusing on what happens the most. So when designing workouts, RBT Skill Specialists keep a simple rule in mind: **We focus on what works. And a focus on footwork continues to be our staple!**

Is Your Athlete Footwork Focused? Proper footwork is often underestimated as a top skill of the top players,

Subtle changes and exposure to **proper footwork can lead to more scoring opportunities**, easier shots and an effective way to be quick and agile on the court. Footwork is detailed and for young athletes it needs to be broken down to digestible bites so they can implement. RBT's Skill Specialists are focused on proper footwork techniques and every session for every athlete has a footwork focus. Let's work together to better your athlete's footwork!

Footwork Clinic: RBT is hosting an innovative clinic- with limited spots available: **October 11th** .

Train on the Footwork training system used at RBT's *Skill Lab*. It is a killer visual aid for anyone serious about improving their footwork in ANY sport.

- October 11th
- Boys and Girls, Grades 5-12- Limited Spots
- Cost: \$45
- Sign up here: <https://form.jotform.com/210106671285147>

What to Expect:

- Every player will use their own Footwork Mat during the clinic and truly experiences footwork mastery and ensures high reps. The Footwork Mats provide the necessary feedback and accountability to the athlete to make improvements. It is the best visual aid for anyone serious about improving their footwork in ANY sport.
- Learn innovative footwork techniques brought to you by Micah Lancaster's Footwork Training System.
- Understand your footwork flaws and how to fix them using RBT's instant feedback monitoring.
- Walk through visual cues from top NCAA, NBA, WNBA players and understand how proper footwork can enhance your overall game.
- Take away basic footwork skills you can build on at home.

Start Training. Join the Revolution.

- RBT 860-595-2007