

**June Skills Training & Games**  
**Hammer Basketball**  
**Gym Location: San Juan del Rio**  
**SJDR – 1718 FL-13, Fruit Cove**



*Hammer Basketball MS, HS & Elementary Skills Training will be available at SJDR in June.*

Each workout will last for 1-hour & 45 minutes

- 45 minutes of player development skills training (shooting, ball handling, & finishing)
- 45 minutes of 5 on 5 scrimmage/game
  - 5 on 5 game rules:
    - Each team will have a coach and we will treat it like an official game for the players
    - 2 - 20-minutes running clock
    - 2 Teams with 5 players or a max of 7
    - Players will have jerseys to wear
    - The focus is to give players the opportunity to play in a live-structured game while developing their individual skillset that will help players improve their overall game
- Parents are welcome to come watch & are encouraged to attend to watch them play for the last 45 minutes of the workout
- The workout cost \$25 per workout or \$20 each for 5 total
- Discounts available for families of 2 or more players
- **Elementary is open to 4<sup>th</sup> & 5<sup>th</sup> grade players**
- **Middle School & High School is open to 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> & incoming 9<sup>th</sup> & 10<sup>th</sup> grade**

Available Training Dates in June:

\*All located at San Juan del Rio

**Saturday, June 11<sup>th</sup>**

Elementary – 8:30AM-10:00AM

6-10<sup>th</sup> Grade – 10:00AM-11:30AM

**Monday June 13<sup>th</sup>**

Elementary – 5:30-7:00PM

6<sup>th</sup>-10<sup>th</sup> Grade – 7:00-8:30PM

**Saturday, June 18<sup>th</sup>**

Elementary – 8:30AM-10:00AM

6<sup>th</sup>-10<sup>th</sup> Grade – 10:00AM-11:30AM

**Monday, June 20<sup>th</sup>**

Elementary – 5:30-7:00PM

6<sup>th</sup>-10<sup>th</sup> Grade – 7:00-8:30PM

**Saturday, June 25<sup>th</sup>**

Elementary – 8:30AM-10:00AM

6<sup>th</sup>-10<sup>th</sup> Grade – 10:00AM-11:30AM

**Monday, June 27<sup>th</sup>**

Elementary - 5:30PM-7:00PM

6<sup>th</sup>-10<sup>th</sup> Grade – 7:00-8:30PM