



Team Workouts

Just Hoops team workouts provide the opportunity for player skill development in a team setting. The hour-long workouts are designed and executed by a Just Hoops coach with the team's specific needs in mind.

Workouts will focus on drills and teaching concepts that simulate real game situations. Players will be challenged to enhance both their skill level and mental ability to visualize and process in-game situations.

Training will concentrate on:

- shooting form
- catch & shoot
- shooting on the move
- shooting off the dribble
- reading & using screens
- finishing around the rim
- footwork
- perimeter passing
- dribble moves
- change of speeds

Our coaches emphasize preparation, consistency, positivity, and resilience as characteristics that differentiate the good from the great. We guarantee that players will leave Just Hoops motivated to improve their skills.

CALL US TODAY, THE FIRST TEAM WORKOUT IS FREE

(740) 879-3466 | 8612 Owenfield Drive | Powell, OH 43065

Just Hoops by Shoot-A-Way is Central Ohio's premier basketball training facility. Players of all ages improve their game daily at Just Hoops through small group training, personal training, team workouts, and Court Time memberships. To learn more, visit our website at www.justhoopscolumbus.com or call (740) 879-3466.