

European Basketball Training Academy

Written by Staff Reports

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There will be a European basketball training academy at Cove Creek Gym in September and October. The academy begins this Sunday September 9th at 3 p.m. The academy will meet every Sunday through the end of October. This unique training system focuses on: Footwork, Balance, Body Control, Economy of Motion, and Fundamentals. Player fundamental skill development improves at a faster pace once proper footwork is utilized and trainees are balanced and in control of their bodies. Space limited to the first ten (10) trainees 7-18-year-olds.

For more information call Bruce Murray 828-380-0807 or please email bruceibt@gmail.com. Murray was a graduate assistant for Bobby Cremins during his first season at Appalachian State University.