



GAME-TIME DEVELOPMENT

BASKETBALL TRAINING BY COACH CEDRIC WARD

MISSION STATEMENT

Game Time Development is designed to build & enhance the performance ability of each athlete through strength training, conditioning, and basketball education. Our goal is that each athlete not only becomes an elite player on the court, but on the court of life also. Game-Time Development is committed to the development of the person first, the player second.

SERVICES

- ★ 1 on 1 Training
- ★ Small Group Training
- ★ Team Training
- ★ Evaluations

ABOUT COACH WARD

- ★ Trainer to the PROs
- ★ Head Coach of Back-2-Back AAU National Champions (2009-10)

COACH WARD TEACHES:

- ★ Ball Handling Skills
- ★ Passing Skills
- ★ Shooting Skills
- ★ 1 on 1 Moves
- ★ Guard Skills
- ★ Big Man Skills
- ★ Play-making Skills
- ★ How 2 Score in Triple Attack (Triple Threat)
- ★ Creating Space
- ★ Defensive Skills
- ★ Footwork and Agility
- ★ Speed
- ★ Strength Training and Conditioning
- ★ 1-Step Explosion
- ★ Plyometrics/Core Training
- ★ Flexibility/Injury Prevention

FOR MORE INFO CALL 832.489.4059