

# BASKETBALL TRAINING



with former College Player & Current Varsity Coach

## MIKE HERRICK

### GROUP TRAINING:

TWO PLAYERS: \$30hr.

THREE PLAYERS: \$20hr.

FOUR PLAYERS: \$15hr.

### PRIVATE TRAINING:

\$50hr.



- Played H.S. Basketball at Breckenridge
- All Time Leading Scorer at Breckenridge
- Named to the Minnesota All State Team
- Played 2 years of Junior College
- Assistant Boys' Basketball Coach at Hawley for 4 years
- Current Athletic Director and Assistant Girls' Basketball Coach at Richland H.S.

### QUESTIONS & AVAILABILITY:

Mike Herrick  
701-403-9813

[michael.herrick@sendit.nodak.edu](mailto:michael.herrick@sendit.nodak.edu)

### COURTS PLUS COMMUNITY FITNESS

3491 South University Dr.  
Fargo, ND 58104  
701-237-4805

[www.courtsplus.org](http://www.courtsplus.org)

Mike offers individual and small group basketball training for all ages and abilities. Sessions include fundamentals, footwork, ball handling, shooting form, post moves, offensive skills, combo moves, high intensity shooting drills and conditioning. Every workout is customized to the needs of the athlete.