



Nino Samuel's Basketball Training

- ✓ DEFENSIVE TRAINING
- ✓ PASSING
- ✓ REBOUNDING
- ✓ SHOOTING
- ✓ BALL HANDLING
- ✓ GUARD/POST POSITIONING



- ✓ PLYOMETRIC TRAINING
- ✓ STRENGTH TRAINING
- ✓ CONDITIONING TRAINING
- ✓ SPEED TRAINING
- ✓ AGILITY TRAINING
- ✓ FOOTWORK TRAINING

SPECIALIZED BASKETBALL TRAINING

- *Over 20 years experience training youth to pro level athletes*
- *Former Atlanta Glory Strength and Conditioning Coach*
- *Played several years of professional basketball*
- *Former High School All-American*

Sign-up Today!

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