



Minnesota Developmental Basketball



## Off-season Development Program (ODP)

ODP is designed to provide highly motivated players an opportunity to train with other highly motivated players in an environment that is challenging, competitive, focused and includes both on-court and off-court training.

- **Location:** MDB facility in Bloomington
- Begins the week of June 19th and goes through September 1st
- Small group (4-6 athletes) workouts
- Boys & girls, grades 6-10
- 1.5 hour sessions offered 2 times each day/5 days per week
- **Schedule:** Monday-Friday, 10:00-11:30 a.m. & 1:00-2:30 p.m.
- Workouts will include individual skill training, strength training, speed & vertical improvement drills as well as competitive play (2-on-2 and 3-on-3)
- A group of friends/teammates may schedule & train together
- Flexible scheduling...you choose the dates you wish to train
- **Cost:**
  - > 1-6 sessions..... \$24.00 per session
  - > 7-10 sessions.....\$21.00 per session
  - > 11-15 sessions.....\$18.00 per session
  - > 16 or more sessions....\$15.00 per session
- Group discount = Any date that 3 or more friends/teammates schedule to train together the rate is \$18.00 per athlete per session
- To register or for more information contact Alison @ 952/346-8866 or email @ [mdbball1@qwestoffice.net](mailto:mdbball1@qwestoffice.net)