

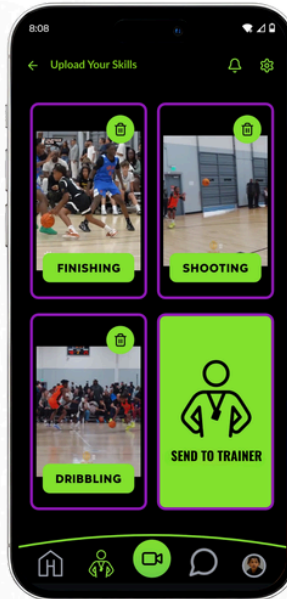


HOW REMOTE TRAINING WORKS FOR Hoopers

1 RECORD YOUR SKILLS VIDEOS

Record and upload 3 short videos showing your:

- ✓ Dribbling
- ✓ Shooting
- ✓ Finishing

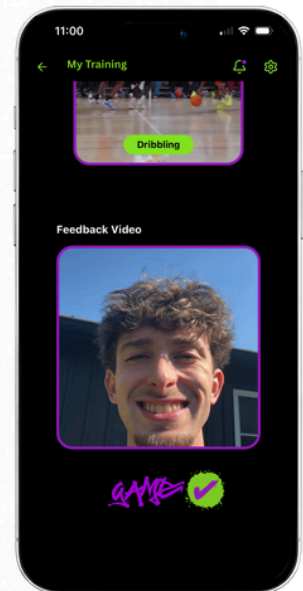


2 SEND YOUR SKILLS

Every week, send your 3 skills videos to your Trainer.

3 RECEIVE FEEDBACK

Every week, your Trainer will review your skills and send you personal video feedback within 24 hours of receiving your skills. Each month your Trainer will select and send you drills to work on.



4 TRAIN

Follow the drills, work hard on your skills. Every week, you send your Trainer 3 skill videos to show your progress, and receive your personal feedback to keep improving.

5 REPEAT!

Keep going, keep grinding, and keep improving.

