



**COACH KATIE BOHNHOFF**  
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## **INDIVIDUAL TRAINING BENEFITS**

- **ONE-ON-ONE ATTENTION.** Feedback on every rep helps players reach their potential quicker.
- **ATHLETE SETS THE PACE.** No time wasted on drills that aren't challenging; more time for areas that need improvement.
- **BEST WAY TO BUILD CONFIDENCE.** With no peers around, it's the safest environment to work on new or challenging skills.
- **REPS, REPS, REPS.** There are no lines. Mastering a skill is all about training with quality reps.

## **SMALL GROUP TRAINING BENEFITS (2-3, 4-6, 7-9 PLAYERS)**

- **BUDGET FRIENDLY.** Session price per player is lowered with increased group size.
- **LEARN FROM OTHERS.** Athletes can learn from instruction and feedback from other players.
- **INCREASED VARIETY OF DRILLS.** More athletes = bigger library of drills.
- **TRAIN WITH FRIENDS.** Some athletes prefer to train with friends, which creates an ideal environment.
- **COMPETE AGAINST OTHERS.** Athletes can practice their skills in "live" situations.

## **TEAM TRAINING BENEFITS**

- **EFFICIENT PRACTICE PLANNING.** Experienced practice planning from preschool to college and every age in-between.
- **TEACH OFFENSIVE SYSTEMS.** Familiar with teaching proper progression of multiple offensive systems & several quick-hitters.
- **IMPLEMENT DEFENSIVE SYSTEMS.** Create player 'buy-in' and build a defensive system whose foundation is in the details.
- **DEVELOP A GREAT CULTURE.** Encourage an environment that fosters healthy competition, teamwork, and passion.

**To schedule a training session or get information about pricing, contact Coach Katie**