



ONE MOTION SHOOTING

Discover The Proven Technique That Provides The Quickest & Smoothest Release Possible

Matt Garnett

– Lead Certified *One Motion Shooting* Instructor
Associate Head Men’s Basketball Coach
Texas Wesleyan University



Rick Penny

– Founder of *One Motion Basketball*



“Coach Garnett is known for his specific and detailed approach to teaching the game of basketball. Using practical methods, he equips players with the skills needed to take their game to the next level.”

– Ron Holmes – Abilene Christian University

WHO WE ARE

One Motion Basketball was founded by Rick Penny, one of college basketball’s purest shooters. His methods as a shooting coach have proven effective for players around the country.

Matt Garnett, founder of *MGBasketball Instruction*, an organization that specializes in player development, currently leads *One Motion Shooting Clinics* as its Lead Certified Instructor.

WHY ONE MOTION?

This technique is based upon a simple concept: shooters who utilize the path of least resistance along the shot line get better results. Proper execution allows the player to experience:

QUICKER RELEASE

CONSISTENT FORM

GREATER ACCURACY

OPTIMUM RESULTS

Cost:

3 Hour Clinic \$ 75 per player

5 Hour Clinic: \$ 100 per player

Registration / More Info:

Call: 806-685-8132

Email: mgbinfo@gmail.com

REGISTRATION FORM – ONE MOTION SHOOTING CLINIC



Camper Information

Name _____

Address _____

City, State Zip _____

Phone _____

Emergency Contact and Phone number _____

Age _____ Grade 2016-17 _____

School Attending _____

EMAIL ADDRESS: _____ (Required)

Waiver:

I/We as parents or guardians of the above named child, hereby grant permission for him/her to participate in the MGBasketball Instruction sessions and acknowledge the fact that he/she is physically able to participate in camp activities. I/We hereby release the camp and its employees from all claims for illnesses and/or injuries which may be sustained by our child. Furthermore, I/We authorize the director or designee to select hospital facilities and/or physician of choice and authorize treatment of the above named camper on an emergency basis in the event such treatment becomes necessary while attending MGBasketball instruction sessions. MGBasketball will not be responsible for loss or theft of money or personal articles.

Signature of Parent/Guardian _____ Date: _____

For more info, contact: mgbinfo@gmail.com / 806-685-8132

Call or email to discuss other training options offered by MGBasketball Instruction