



**ELITE GUARD
TRAINING**

ELITE GUARD TRAINING

OFF-SEASON • PRE-SEASON • IN-SEASON

Taylor Aultman



Allen Houston, 2 x NBA All Star

Taylor's combination of game-situation drills with quick repetitions is very powerful. It's the same type of skill training we use to develop our pro guys, but in the work, and you will see your game go to entirely new levels. I wish I had something like this back in high school and college!

Allen Houston



Elite Guard Training Workout Guide

Michal Rosen-Zvi



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