



**ELITE GUARD  
TRAINING**

# ELITE GUARD TRAINING

**OFF-SEASON • PRE-SEASON • IN-SEASON**

*Taylor Aultman*



Allan Houston, 2x NBA All Star

Taylor's combination of game-situation skills with quick repetitions is very powerful. It's the same type of skill training we use to develop our pro guys. Put 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!

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# Elite Jump Training And Elite Guard Training

**Christian G. Meyer**



## **Elite Jump Training And Elite Guard Training:**

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