



BASKETBALL SKILLS

Bede's Basketball Skills Academy is for students who enjoy sports and match simulation. The academy will focus on improving technical skills as well as game understanding.

OBJECTIVES

- To understand the correct technique to pass and shoot
- To understand the correct technique to dribble
- To increase quick thinking during game situations
- To develop an understanding of which action to use in game situations
- To improve communication and teamwork during game situations
- To enhance endurance during game situations
- To increase self-confidence in game situations.

SUMMARY

CENTRE	Windlesham (8–14 years)
VENUE	Basketball Court on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 16 students
FEE	£245 per week
DATES	Windlesham – All Weeks

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.