



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

CENTRES	Windlesham and Royal Russell (8–17 years)
VENUE	Basketball Court on-site
HOURS	3 hours per week (2x 1½ hour sessions)
DAYS	Tuesday and Thursday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 16 students
FEE	£245 per week
DATES	Windlesham – Week 3: 13/07/2025 Week 5: 27/07/2025 Royal Russell – Week 2: 06/07/2025 Week 4: 20/07/2025 Week 6: 03/08/2025

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