



Basketball:

Skills, Strategy & Global Teamwork



“Based in our purpose-built basketball gymnasium, students will work with a qualified coach to develop their basketball skill level.”



BOSTON, USA

WHAT'S INCLUDED:



COACHING

Students will take part in 18 hours of basketball coaching per week to develop skills in competitive play, tactical growth and increased confidence in decision-making under pressure



SPORTS SCIENCE

Each week features a learning afternoon with a Sports Science professor building a scientific understanding of how to attain high performance on the court and sustain it.



ACTIVITIES

The school day will finish with an evening activity which will include discos, international nights and talent shows. Our activities provide opportunities for students to use the English they have learnt and make international friends.



EXCURSIONS

Excursions allow students to really get to know the USA. We use destinations such as Downtown Boston as a classroom, where students will find historic and cultural information through guided walking tours and visits to museums and other places of interest.



EDUCATIONAL VISITS

On each 2 week course there will be the opportunity to visit a local showcase event with your classmates and coaches to analyse skills and tactics and absorb the atmosphere of a competitive US basketball event.



CERTIFICATE

Awarded for the successful completion of the course.

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COURSE OVERVIEW

This dynamic program blends high-level basketball training with a rich intercultural learning experience. Designed for international and domestic students aged 14–17, the course offers a unique opportunity to develop core skills, explore American basketball culture, and compete alongside peers from around the world.

COURSE STRUCTURE

Led by highly regarded and currently approved Nike-affiliated leagues (NYBL) coaches, participants will take part in daily training sessions, focusing on technical fundamentals, tactical awareness, and physical conditioning. Through structured team competition, students will build confidence, sharpen communication skills, and deepen their understanding of game strategy.

Beyond the court, the program emphasizes experiential learning—introducing students to the cultural significance of baseball in the United States and fostering collaboration across diverse backgrounds. Whether students are preparing for high school teams, looking to elevate their performance, or simply passionate about the sport, this course offers a comprehensive and inspiring environment to grow.

Minimum 6 students required to run this course (each week)

COURSE OUTCOMES

- Skill development in competitive and team basketball
- Tactical growth and decision-making under pressure
- Exposure to American basketball culture and systems
- Increased confidence and English language development tied to sport

COURSE INFORMATION

CLASS SIZE: Maximum 16	AGE RANGE: 14 - 17 (groups)	COURSE LENGTH: 1 - 2 weeks
ACADEMIC REQUIREMENTS/ LANGUAGE LEVEL: Intermediate	START DATES: 28th June 2026 5th July 2026 12th July 2026 19th July 2026 26th July 2026	SESSIONS PER WEEK: 15 hours
BASKETBALL ABILITY: Intermediate to Advanced		
ACCOMMODATION: Single en-suite room. Meals are included (breakfast, lunch and dinner)		

SAMPLE PROGRAM

WEEK 1		MORNING		AFTERNOON		EVENING	
		09.00 - 12.30		14.00 - 18.00		19.30 - 22.00	
SUN	BREAKFAST	Arrival and Local Orientation				DINNER	Orientation Activities
MON		Skills Training: Ball Handling & Shooting	LUNCH	Included Half Day Excursion: Boston Freedom Trail & Quincy Market	Ice Breakers		
TUES		Drills: Defense & Passing		Included Half Day Excursion: Boston Harbor Cruise & Tour	Game Show		
WEDS		Scrimmage & Tactical Drills		Included Half Day Excursion: Harvard University Tour & Cambridge area	Sports or Board Games		
THUR		Skills Training: Footwork & Agility		Sports Science- Nutrutron and Recovery	Karaoke & Talent Night		
FRI		Drills: Team Offense/Defense		Included Half Day Excursion: Newbury Street Shopping & Copley Square Tour	Fourth of July Celebration		
SAT	Included Full Day Excursion: New York City						
WEEK 2		MORNING		AFTERNOON		EVENING	
		09.00 - 12.30		14.00 - 18.00		19.30 - 22.00	
SUN	BREAKFAST	Basketball Showcase Event				DINNER	
MON		Skills Training: Shooting & Rebounding	LUNCH	Included Half Day Excursion: TD Garden & Sports Museum	Welcome Party		
TUES		Scrimmage & Feedback Session		Included Half Day Excursion: Premium Outlets Shopping at Wrentham	Halloween Party		
WEDS		Drills: Court Vision & Decision Making		Included Half Day Excursion: MIT Tour	Sports or Board Games		
THUR		Skills Training: Conditioning & Stamina		Sports Science- Performance and Power	International Night		
FRI		Drills: Zone vs Man Defense		Included Half Day Excursion: Historical tour of Plymouth	Movie Night		
SAT	Included Full Day Excursion: Canobie Lake Amusement Park						
SUN	Departure						