

English
THROUGH™

+ Basketball



Basketball is an exciting, fast-paced game. It can keep you fit and healthy and I love the fact that a ball can make a difference in one's life."

EXSPORTISE HEAD
OF BASKETBALL

Our basketball programme is suitable for students who love to play basketball and want to improve their skills.



We provide focused, intensive training aimed at improving self-confidence and overall appreciation of the game.



We want students to have fun when playing the game - professional players take the game seriously but also have fun playing.

We aim to build on players' confidence and abilities, and improve their fitness level. We expect students to put in lots of hard work and we aim for all students to leave with at least one skill that they did not have before they came to the camp. We focus on fitness and agility, basic skills including dribbling and shooting, tactical game play, team work and communication. Every day features small-sided games and shooting practice.

All players are assessed at the beginning of the programme to ensure that real progress is made.



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year's experience
- Focus on fitness and agility
- Core skills and drills including shooting, passing, dribbling, rebounding and defence
- Tactical game play



> OUR OBJECTIVE IS....
to encourage teamwork, co-ordination and communication.



Available at:
CLAYESMORE • OUNDLE

Average Coaching Ratio
1:10