

A young boy with short brown hair, wearing a blue and white striped tank top, holds a red basketball with black stripes. He is looking directly at the camera with a neutral expression. The background is dark and out of focus.

WELCOME TO

STAR BASKETBALL ACADEMY

PARENT INFORMATION 2021

What We Stand For?



Strong Relationships

Building trust between coaches, parents, players and the wider community.



Training and Coaching

Highly UEFA qualified and quality coaching using positive reinforcement.



Attitude

Positive attitudes that promote teamwork and fair play for consistent development.



Reflective Practice

Using reflection as a learning tool to guide the player in better decision making.



Educational Background



15+ YEARS OF EXPERIENCE

Teaching Youth Sports with American,
Australian and British Curriculums



WELL DEFINED COACHING PROGRAM

Successful schools and sport clubs are the
ones that have a system in place



ONLINE AND OFFLINE LESSONS

Students learn in different ways: visual, verbal
and practical



Why are we different?

WE ARE INNOVATORS | We established the first E-learning basketball academy in the UAE

WE DON'T IMPROVISE | We coach players by pre-defined programmes and lesson plans

WE CARE ABOUT PLAYING | We regularly organize weekend games

WE DON'T COMPROMISE | We work only with licensed coaches



Why are we different?

WE HAVE THE BEST RATES | We don't care just about the numbers.

WE ARE FLEXIBLE | We offer flexible subscription packages

WE ARE ALWAYS AVAILABLE | We can be reached via WhatsApp and Messenger chats, social media

E-learning system

To provide basketball lessons online for coaches and players

To have all the coaches following one training program that will help the players to develop the right way and understand SBA philosophy

To record the information about the child, his level and track of performance

To group the players according to their levels, not age

To allow constant and easier communication with the parents

Using E-learning & mobile application

A photograph of three young boys in basketball uniforms (blue and orange jerseys with 'STAR' on them) on an indoor court. One boy in the foreground is dribbling an orange basketball between blue plastic cones. Another boy is in the background, and a third is partially visible behind him. The court has green and yellow lines.

COACH & LESSON

All the coaches are following the STAR Academy coaching program

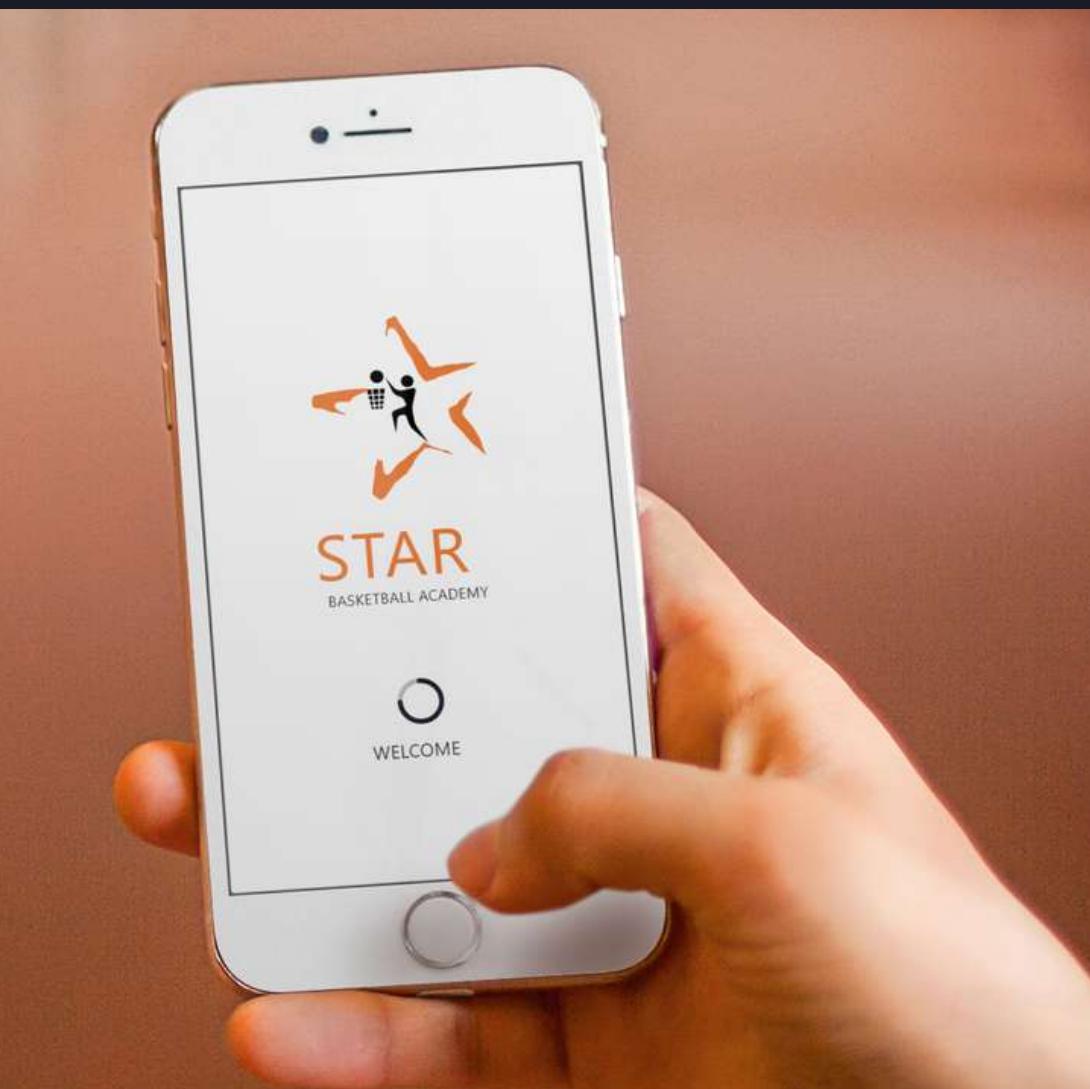
STUDENTS & LESSON

The players can view the lessons online before and after the lesson

STUDENTS AT HOME

Video gallery for the players to watch and work at home to improve their individual skills

Download our mobile application



 Download on the
App Store

 ANDROID APP ON
Google play



REDEEM POINTS

All the coaches are following the STAR Academy coaching program



STAY UPDATED

The players can view the lessons online before and after the lesson



STUDENTS AT HOME

Video gallery for the players to watch and work at home to improve their individual skills

Stages of teaching & coaching

- Defensive Skills
- Ball Confidence
- Pass and Move
- Shooting
- Transition and Attacking
- Game Related



Ask the players to think about their best position according to the ball position

Stop the game, freeze the players and correct their mistakes

Star Basketball Academy Branches

AL BARSHA

MIRDIF

AL QUSAIS

DUBAI WORLD TRADE CENTER

SHARJAH



FAQ

How much time do I need to see progress in my child performance? There are many factors and depending on the physical ability of the child, the best is to have at least three times of training per week to see better progress on your child's performance. We have high-quality coaches that work with the level and abilities of each individual child.

Do you have transport facility? Yes, we do in Sharjah. We also have a mobile transport app where parents can see the route the bus takes and when their child will be picked up and dropped off.

What if I took a break? Can you freeze my account? Yes, we can freeze your account for travelling, illness or other issues discussed with us for a maximum of 4 weeks. All we need are relevant documents such as travel itinerary, medical certificate, etc.

Do I really need to take the uniform? Yes, it's mandatory for kids to have the SBA Academy uniform as it shows the players are part of a team, we also have events that require everyone to wear the Star Basketball Academies uniform.



MORE BASKETBALL SESSIONS = FASTER DEVELOPMENTS

Twice a week with a weekend game is a good start

Let the child be part of weekend basketball games

Don't have a long break, consistency is a key



Areas of Concern



COACHES

SBA doesn't depend on individual coaches as we have a well-defined SBA coaching program in place that everyone follows. Our skilled coaches will help the child to get out of his comfort zone.

GAMES

Win, lose or draw at matches are vital for kids' development. In training we learn our system of play while in matches we put it to practice. All players get a chance to be part of the team.

VENUE

Our venue plays as a big role in SBA. We make sure to offer your child a good and safe environment.

FITNESS

We include our fitness program with the ball so it's more enjoyable, improving the Basketball skills and the fitness at the same time. We want to develop basketball players, not field and track players.

Grouping



TWINKLE STARS



SHOOTING STARS



SUPER STARS

STAR TREK

STAR WARS

We group the players according to their abilities, considering the age of the child.

We are always watching the level of the players to make sure they are progressing and enjoying their Basketball .

A group of children in basketball uniforms are running on a court. One girl in the foreground is laughing and holding a basketball. They are all wearing grey tank tops with 'STAR BASKETBALL ACADEMY' and orange shorts. The court has red and green markings.

What we stand for?

WE COACH

WE TEACH

WE VIEW

WE REVIEW



5 weeks coaching plan cycle

All SBA lessons are prepared daily
according to the level of the players

4-week plan followed by 1 week of games

DEFENSIVE SKILLS

Defense is the most crucial concept in basketball. This area we develop more on physical abilities, improving there quickness & reaction, strength and speed .We teach the players the proper position, we also teach them where to react and when to help on defense.

SHOOTING

Players will learn the fundamentals of shooting. They will learn also when to stop,how to stop and shoot. We help the players to develop their confidence in shooting.

BALL CONFIDENCE

This segment of our program we teaches the players to develop and improve their ball handling skills.

TRANSITION AND ATTACKING

We teach the players how to attack using 1vs1 or as a team. We let the players understand and read the defense before they attack/shoot to the basket.

PASS AND MOVE

We teach the players the fundamentals of passing and moving with or without the ball.

GAME RELATED

In this area we let the players have the chance to implement what they had learned during the first 4 weeks. We introduce the rules, how to defend and how to attack by doing some matches.



Competition

INTERNAL MATCHES

On week 5 of our program, all age groups will play 1-hour of small sided matches in every session.

Teams will be mixed every 15 minutes so every child plays with and against each other.

FRIENDLY GAMES

Matches and tournaments will be scheduled throughout the season as this type of games gives every child a chance to sample the match day experience.

LEAGUE GAMES

Our Friday leagues, ranging from U7 to U16 for the more advanced players in each age group. All players in the academy will be monitored and given the chance to join the tea, throughout the season.



Contact us

FOR ADMIN PAYMENT & TRANSPORT

Admin

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FOR COACHING & OTHER ENQUIRIES

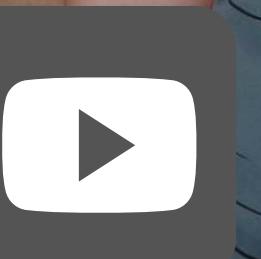
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