

Course Descriptions

The players are separated into different groups based on their ages. While the class focuses on the basketball fundamental skills such as dribbling, passing and shooting etc, it also provides a fun, unique and constructive environment for players to learn the team work mentality such as 2 vs. 1, 3 vs. 2 during the tactical drills section and the scrimmage.

The main objectives for the class are:

- a. To provide players the opportunity to move physically;
- b. To develop players the love and passion for the game;
- c. To foster the mentality of team work;
- d. To create the environment of respect and emotion (loss, disappointment) control

Class Schedule

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|-----------------------|------------|
| a. Warm up: | 5 minutes |
| b. Basic Skills: | 10 minutes |
| c. Tactical training: | 10 minutes |
| d. Scrimmage: | 25 minutes |

5 Lesson Plan (first 4 weeks)

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|-----------------------|------------|
| a. Warm up: | 5 minutes |
| b. Basic Skills: | 10 minutes |
| c. Tactical training: | 10 minutes |
| d. Scrimmage: | 25 minutes |