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YARROW FAMILY YMCA

# SKILLS, DRILLS & COMPETITIONS

## 6-11 YRS BASKETBALL

**Mondays:**

4:45 - 5:30PM Level 1

**Saturdays:**

9:45 - 10:30AM Level 1

10:30 - 11:15AM Level 1

11:15 - 12:00PM Level 2

**Fee:**

Mondays \$50/session

Saturdays \$50/session

**Our Vision and Goal:** To give all of our participants an opportunity to learn fundamentals of a particular sport through skills, ranging from basic to advance, drills that promote these skills, and the value of competition through various activities and games.

**Function:** Consistent instruction from a skilled individual to help improve basic and advanced skills as well as instill a passion for the sport in your child. Kids can improve a wide range of skills or focus on improving one aspect of his or her game if they're more advanced.



SCAN ME

\*Instructors will run assessments on first day of class.

Students will be placed into groups based off these assessments to encourage skill based growth. \*

**Level 1:** (Mondays with coach Tim and Saturdays with coach Erin)  
**Ages 6-11**

Class is an introduction to the sport of basketball.

No playing experience necessary, just a good attitude and a willingness to learn and have fun!

Class focuses on introducing the game and progressively teaches the fundamentals of basketball (passing, shooting, dribbling, offense and defense introduction) while also building life skills (teamwork, respect, determination, dedication, drive, and confidence).

**Level 2:** (Saturdays with coach Erin)  
**Ages 6-11**

Prior organized team playing experience required (or level 2 recommendation from Y coaches).

Players in level 2 should have prior knowledge/experience with layups, dribbling, controlling the ball, shooting and defense .

This class builds and further develops the player's skills (ball handling, defensive and offensive strategies, positioning, shooting form, and shot selection).

Class will also build the player's athletic skill range, with agility, strength and conditioning, and/or speed drills integrated into each class.

Players in level 2 will also continue to work on teamwork, respect, resilience, confidence, dedication, and most important having fun!