



**SIGN UP
TODAY**

www.sevymca.org
818.707.9622

YARROW FAMILY YMCA

SKILLS, DRILLS & COMPETITIONS

6-11 YRS BASKETBALL

Fees: \$60/session

Session Dates: March 3 - April 12

Mondays: Coach Tim (6 Weeks)

- 4:45pm - 5:30pm Level 1
- 5:30pm - 6:15pm Level 2

Saturdays: Coach Matt (6 weeks)

- 10:00am - 10:45am Level 1
- 10:45am - 11:30am Level 2

Instructors will run assessments on first day of class. Students will be placed in to groups based off these assessments to encourage skill based growth.

**SCAN
ME!**



BASKETBALL CLASS DESCRIPTIONS



LEVEL 1: Mondays with Coach Tim and Saturdays with Coach Matt

Ages: 6 - 11 years old

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 Matt

Ages: 6 - 11 years old

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!

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.

YARROW FAMILY YMCA

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Questions? Contact Tori Cusack at vcusack@sevymca.org