



SPORTS SKILLS, DRILLS & COMPETITIONS



SPRING 2
April 28 - June 6

BASKETBALL

- Monday: 4:45pm - 5:30pm*
- Monday: 5:30pm - 6:15pm*
- Wednesday: 4:30pm - 5:15pm
- Saturday: 11:00am - 11:45am

PICKLEBALL

- Saturday: 10:00am - 10:45am

FLAG FOOTBALL (5/10-6/14)

- Saturday: 9:30am - 10:15am

SOCCER

- Wednesday: 4:15pm - 5:00pm
- Thursday: 3:30pm - 4:15pm

VOLLEYBALL

- Thursday: 3:30pm - 4:15pm

Fees: (Per Class, Per Child)
Members: \$60 (*Class \$50)
Non-Members: \$75

NO CLASSES 5/26 Memorial Day

SCAN TO
REGISTER



REGISTRATION
OPENS 4/14

YARROW FAMILY YMCA
31105 Thousand Oaks Blvd., Westlake Village, CA 91362
Questions? Contact Ryan Grabow at rgrabow@sevymca.org



SKILLS, DRILLS & COMPETITION DESCRIPTIONS

BASKETBALL LEVEL 1: AGES 6-11 yrs, Class is an introduction to the sport of basketball. No playing experience necessary, just come with 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).

BASKETBALL LEVEL 2: AGES 6-11 yrs, 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 importantly having fun!

FLAG FOOTBALL: AGES 6-11 yrs, Class is an introduction to flag football for young athletes! No playing experience necessary, just come with good attitude and a willingness to learn and have fun! The class focuses on key football skills such as passing, catching, route running, and defensive positioning, while also fostering teamwork, discipline and confidence in a fun, non-contact environment. Each session will wrap up with a scrimmage, allowing players to apply their skills in a real-game scenario.

PICKLEBALL: AGES 6-11 yrs, Class is an introduction to the sport of pickleball! No playing experience necessary, just come with good attitude and a willingness to learn and have fun! Players will develop essential skills like paddle control, serving, rallying and court positioning, while also building teamwork, strategy and self-confidence. At the end of each session, players will participate in a friendly scrimmage to practice their skills in a game environment.

SOCCER: AGES 6-11 yrs, Class is an introduction to the sport of soccer. No playing experience necessary, just come with good attitude and a willingness to learn and have fun! Players will learn the fundamentals of soccer, including dribbling, passing, shooting and basic defense, while also developing essential life skills like teamwork, sportsmanship, determination and confidence. Towards the end of each class, all skills learned will be put into action during a fun and engaging scrimmage.

VOLLEYBALL: AGES 6-11 yrs, This class introduces kids to the exciting game of volleyball. No playing experience necessary, just come with good attitude and a willingness to learn and have fun! The class will focus on basic volleyball skills such as passing, setting, serving and hitting, while also emphasizing teamwork, communication, perseverance and confidence. Each class will conclude with a scrimmage where players can apply their new skills in a game-like setting.

YARROW FAMILY YMCA
31105 Thousand Oaks Blvd., Westlake Village, CA 91362
Questions? Contact Ryan Grabow at rgrabow@sevymca.org