

YARROW FAMILY YMCA



YOUTH SPORTS SKILLS, DRILLS & COMPETITIONS

SUMMER SESSION: JUNE 16 - AUGUST 9
NO CLASSES 6/30-7/5

FEES:

Member: \$60

Non-Member: \$75



| ROOKIES 3-5 Years Old | | | | | |
|---|---|-----------|----------|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 10:30 AM - 11:15 AM T-BALL MR. TROY TURF/CITY FIELD | | | | |
| 6-11 Years Old | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 4:15 PM - 5:00 PM PICKLEBALL , DRILLS & COMPETITION MR. MATT & MR. RYAN GYM | 5:15 PM - 6:00 PM SOCCER SKILLS, DRILLS & COMPETITION Ms CAMRYN & MR. RYAN YMCA TURF | | | 3:30 PM - 4:15 PM BASEBALL SKILLS, DRILLS & COMPETITION MR. TROY & MR. RYAN TURF/CITY FIELD | 10:00AM - 10:45 AM BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 1 MR. MATT GYM |
| 5:15 PM - 6:00 PM BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 1 MR. MATT GYM | | | | | 10:45AM - 11:30 AM BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 2 MR. MATT GYM |

YARROW FAMILY YMCA

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



SKILLS, DRILLS & COMPETITION DESCRIPTIONS

ROOKIE T-BALL: AGES 3-5yrs, Class is an introduction to T-ball designed for our preschoolers. Player will be introduced to the basics of hitting from a tee, catching, throwing and running bases. Each 45-minute session is carefully crafted to support early motor development, hand-eye coordination and confidence all while having fun.

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.