

YARROW FAMILY YMCA



YOUTH SPORTS SKILLS, DRILLS & COMPETITIONS

FALL 2 SESSION: OCTOBER 13 - NOVEMBER 23
NO CLASSES 10/31


FEES:

Member: \$60

Non-Member: \$75



6-11 YEARS OLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45pm - 5:30pm BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 1 COACH MATT GYM		3:30pm - 4:15pm BASEBALL SKILLS, DRILLS & COMPETITION LEVEL 1 COACH TROY TURF			10:00am - 10:45am BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 1 COACH MATT GYM
5:30pm - 6:15pm BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 2 COACH MATT GYM		<div>SCAN TO REGISTER</div> 			10:45am - 11:30am BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 2 COACH MATT GYM

YARROW FAMILY YMCA

31105 Thousand Oaks Blvd., Westlake Village, CA 91362
Questions? Contact Tori Cusack at vcusack@sevymca.org



SKILLS, DRILLS & COMPETITION DESCRIPTIONS

BASEBALL SKILLS, DRILLS & COMPETITION: AGES 6-11 yrs, This class is designed for our players will be introduced to the basics of hitting, catching, throwing and running bases. Each 45-minute session is carefully crafted to support motor development, hand-eye coordination and confidence, all while having fun.

BASKETBALL LEVEL 1: AGES 6-11 yrs, This class is an introduction to the sport of basketball. No playing experience necessary; just come with a good attitude and a willingness to learn and have fun! This 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 is required (or a 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!

PICKLEBALL: AGES 6-11 yrs, Class is an introduction to the sport of pickleball! No playing experience necessary; just come with a 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 a 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. We will end each session with a scrimmage to put all we have learned into action.