

# Eight-Week Skills Module

This is a sport-specific training course offered at an introductory level in the form of an Eight-Week In-House Skills Module. This program incorporates core skills and proper techniques into recreational play. The first four weeks concentrate on the basic skills and knowledge needed to play the game of basketball and the remaining 4 weeks are used to integrate their newly learned skills into regular game playing.

These programs are very structured and designed for students in grades three up to grade nine. There is a minimum of 10 and a maximum of 20 students allowed in each program.

Our eight-week introductory programs are designed using three learning levels. Children may be in the program for the first time, however, they are at a level 2 as opposed to a level one. Alternatively they may be taking it for a second time but still at a first level learning. This is determined by the fluent of the execution of the learned skill and whether or not it is applied automatically during game play.

Once the child reaches the third level they have passed the introductory level and should consider more advanced learning if they have enjoyed it and have progressed well.

At the end of each module children receive a written evaluation of their progress. A take home skills chart of the fundamentals they so that they can continue independent learning and a Basketball Beginnings t-shirt.



# Training & Development



We believe that when a child is able to execute the basic fundamentals of any sport it increases his/her confidence and overall enjoyment of the game.

## What Are we Teaching ?

- How to dribble
- How to Pass
- How to Shoot

## Development Phase

- identify and develop the component parts of the skill
- link the component parts in to a smooth action (level 1 & 2)
- and finally be able to develop the learned skill so that it becomes automatic (advanced)

Drills and activities are challenging and designed to strengthen basketball skills. The In-house program focuses on fundamentals, proper technique, and social awareness.

**"Remember, to develop talent you must start with the mind" ..**

*We Also Offer*

*Sport Specific, Physical Enrichment  
& After-School Programs*



**" We don't just play the game We think it"**

*Join the 8-Week Skills Program*  
**For More Information**

info@basketballbeginnings.com  
www.basketballbeginnings.com  
or call: (416) 440-6127

## ...Not Just Another Sports Organization



### Academics + Sports = Winning Formula

....Athletes are students first, discipline starts by teaching the fundamental principles of personal conduct, self assertion and fair play

**WE...**Bring communities together by working with social organizations and build common goals with youths as a group – Ages 7-16

**WE...**Believe that becoming a good athlete should be a character building experience; not just in basketball, but in any sport

**WE...**Promote life-skills & development through basketball

**Basketball Beginnings...** instructs lunch, after-school, homework and other sports enrichment programs through the TDSB, TCDSB, child-care centre's; and are partnered with the York University Teachers Practicum Program

## Homework Tutorial

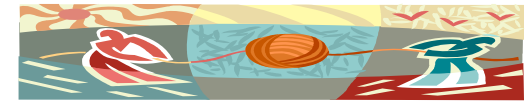


- Takes place after-school for an hour in a social environment where each individual can contribute and benefit
- Gym space is used for physical and sports related activities
- Team is highly motivated, well rounded, personable and skilled to create and encouraging environment for the students.

## Yes I Can.....



- This program promotes fitness as a life style.
- “Yes I Can” is a learning strategy that involves students learning the concepts of physical activity while assisting them with developing skills mechanically.
- Involves brainstorming, cooperative groups and situational analysis.



## Summer and March Break Camps

- Opportunities to learn and develop proper techniques needed to raise and individual's playing level.
- Challenging drills and activities designed to strengthen basketball skills
- Camps are offered for children aged 6-12 and for teens aged 13– 17.

## Kids @ Play

- Programs designed to develop Gross and fine motor skills for children between the ages of 3 to 7.
- Simple activities are used to enhance fitness and coordination.
- Exercises such as skipping, catching, throwing, jumping obstacle courses, left and right body movements essential to child's play and mental well being.
- This program is offered to early years centre's in 8 or 10 week segments. Activities are designed to meet specific needs of the children and activities vary for every program.

...“This program is the best .....first homework and then we get to play basketball” – Conrad Gr. 9– Participant