



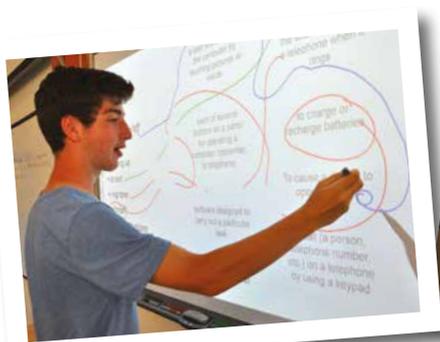
ELITE BASKETBALL ACADEMY



PROGRAMME

INTENSIVE BASKETBALL

In 2017 we offered our Basketball Academy for the 4th year which proved a resounding success and we look forward to developing this further in 2018.



DATES

We can accommodate students on minimum 2 week stays. We recommend fortnight stays but 3 and 4 weeks stays are also possible.

	START DATE	FINISH DATE
WEEK 1	4th July	11th July
WEEK 2	11th July	18th July
WEEK 3	18th July	25th July
WEEK 4	25th July	1st August

SAMPLE WEEKLY PROGRAMME

	09.30 - 12.15	14.30 - 15.30	16.00-18.30	20.00-22.00
Wed	Transfer to Epsom	Arrive & orientation, tour and introduction to coaches. Room allocation and unpacking		Informal sporting activities
Thur	Basketball - skill development 1 on 1 & 3 on 3, 4 on 4	Basketball - Competition, Mini Games	EFL Tuition or Multi sports	Evening Activities
Fri	Basketball - offence and defence transition	Basketball - Fastbreak, Competition, Kings Court	EFL Tuition or Multi sports	Evening Activities
Sat	Full day excursion	Full day excursion		Evening Activities
Sun	Basketball - matches with local opposition	Basketball - Competition & mini games	EFL Tuition or Multi sports	Evening Activities
Mon	Basketball - skill development 1 on 1, 2 on 2 & 3 on 3	Basketball - Offense & Defense Handicap Transition, Mini games	EFL Tuition or Multi sports	Evening Activities
Tue	Basketball - match with local opposition	Basketball - Competition Finals!	EFL Tuition or Multi sports	Evening Activities
Wed	Departure or Sports Morning	Departure or Cinema visit		Evening Activities or departure

BASKETBALL ACADEMY



The Elite Basketball Academy has been a great success since we introduced it in 2013. Participants will receive individual and group instruction from our qualified and experienced team of coaches. They will help students hone their basketball skills and grow in the sport generally.

SKILLS

- ⌘ SHOOTING
- ⌘ ONE-ON-ONE MOVES
- ⌘ PASSING
- ⌘ BALL HANDLING
- ⌘ MOVEMENT WITHOUT THE BALL
- ⌘ SCREENING/CUTTING
- ⌘ MAN-TO-MAN TECHNIQUES
- ⌘ DEFENCE POSITIONING
- ⌘ REBOUNDING
- ⌘ TEAM PLAY
- ⌘ DAILY SCRIMMAGES
- ⌘ COMPETITIVE MATCHES

MATCHES

Subject to availability we will endeavor to organise Basketball matches against local English teams.

The daily format includes fundamental instruction, lectures, mini competition, 1 on 1, Free Throw, Shooting, and 2 on 2 or 3 on 3 mini tournaments. The main objective is not only to develop new skills or improve existing skills but to ensure each student

leaves the Academy with renewed energy and enthusiasm for the game of basketball and improved self-confidence.

The Epsom Elite Basketball Academy is a great place for any young basketball player who is looking to improve his or her skills, work hard, make new friends and have fun!

THE PARTICIPANTS

Recommended age range – 10-16 years

The Academy is open to boys and girls aged between 10 and 16 from all over the world, including Great Britain. We welcome both individuals as well as groups to the truly international environment that the Academy offers.

Please note that the Elite Academy is NOT suitable for those who are at a very basic level or who merely want social soccer, golf, dance, basketball or tennis.

The programme offer the option of English language tuition or multi-sport afternoons.

ENGLISH AS A FOREIGN LANGUAGE

We offer an optional (pre-booked) EFL course.

The course includes:

- ⌘ 12 hours tuition per week
- ⌘ All required materials
- ⌘ Completion certificate

Children will be taught according to ability with emphasis placed on conversation and communication.

MULTI SPORT SESSIONS

Those not taking the EFL option have supervised multi activity sessions. These include swimming, volleyball, squash, table tennis, badminton, and lots more!

STAFFING & PASTORAL CARE

In addition to our top quality coaching staff, we have our own staff on site 24 hours a day. Our Programme Director oversees all aspects of the course. Under the Programme Director, we have activities, welfare and teaching staff to plan and organise the multi-sport sessions and take care of the teaching.

All our wonderful staff are chosen for their ability to work with children and look after their needs. They understand that students are away from home, some of them for the first time and pastoral care is a major priority.

All staff accompany the students on their trips and are responsible for getting the students up in the mornings, ensuring they eat properly, planning evening activities and ensuring they get to bed at the appropriate time.

VENUE

The Elite Sports Academy is delighted once again to be based at Epsom College, just 15 miles (21 kms) from Central London and with easy access to both Heathrow and Gatwick Airports. It boasts top class facilities in all areas, especially sport.

The College was built in the early 1850s and its beautiful Gothic style buildings are set in 8 acres of quite magnificent grounds on the edge of Epsom Downs. The soccer pitches are of the highest quality and there are numerous tennis courts, all in top class condition. There are two sports halls. There is also an indoor swimming pool, two dance studios, and several squash courts. The college is little more than a 5 minute walk to the town centre.

ACCOMMODATION

Rooms are of a good standard and consist of a mixture of single, doubles and a few triples. Rooms are spacious, airy, nicely decorated and comfortable and there are plenty of shower and toilet facilities.

FOOD

Epsom has an exceptional reputation for high quality food in its excellent dining room. Emphasis is placed on a good dietary balance as well as popular food allowing for different cultural tastes. There are three meals provided each day with traditional English as well as continental breakfasts; lunch and dinner with hot and cold options, a vegetarian choice as well as a salad bar.

EVENINGS

Our evening programme includes such activities as discos, barbecues, film shows, sports & games.

EXCURSIONS

We include a full day excursion each week. These, where possible, will be to venues associated with the various sports such as Wimbledon or Chelsea Football Stadium and will include a visit to central London.