

English  
THROUGH

# Basketball

Our basketball programme is suitable for students who love to play basketball and want to improve their skills. We provide focused, intensive training aimed at improving self-confidence and overall appreciation of the game.

We want students to have fun when playing the game - professional players take the game seriously but also have fun playing.

We aim to build on players' confidence and abilities, and improve their fitness level. We expect students to put in lots of hard work and we aim for all students to leave with at least one

skill that they did not have before they came to the camp. We focus on fitness and agility, basic skills including dribbling and shooting, tactical game play, team work and communication. Every day features small sided games and shooting practice.

All players will be assessed at the beginning of the programme to ensure that real progress will be made.

English  
THROUGH  
Basketball

> OUR OBJECTIVE IS....

to encourage  
teamwork,  
co-ordination and  
communication.





“

Basketball is an exciting fast paced game. It can keep you fit and healthy and I love the fact that a ball can make a difference in my life.

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EXSPORTISE HEAD OF BASKETBALL



## COURSE DETAILS

- Suitable for all levels of ability
- Focus on fitness and agility
- Core skills and drills including shooting, passing, dribbling, rebounding and defence
- Tactical game play

Available at:

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15 HOURS

15 HOURS COACHING per week  
7.5 hours if doing Intensive English

Average Coaching Ratio

1:10