Sports Performance – Basketball

Welcome to SPB, this course will provide aspiring basketball players with an opportunity to drastically improve all facets of their game. The main focus of the course will be on core basketball fundamentals that are often neglected by today’s young players. The key to improving is purposeful practice including as many touches and repetition as possible. It takes many hours a week for a player to find improvements in their game and this course will provide a chance to get some time in as most student athletes these days are very busy.

The class will also provide students with a fitness program geared directly to their game and areas they may need the most gains. Nutrition will also be discussed to help players fuel their bodies for growth and game play. Although not a major focus, basketball strategy, rules and tactics will also be discussed and recorded.

If this course is approached with a positive attitude, willingness to learn, a solid effort and is coupled with your own purposeful practice time… You WILL improve as a basketball player, the only question is by how much and at what pace?

Materials

* Notebook: coiled full sized lined paper
* Pencil and pen ready in your bag
* Court shoes, outdoor shoes, strip
* Water bottle recommended

Fundamentals to be covered

* Defence
* Shooting
* Passing / catching
* Dribbling
* Spacing
* Foot work
* Post play
* Rebounding / boxing out
* Body positioning
* Decision making

Contact

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