

# Saint Rose of Lima School

Register early - Space is limited - Deadline 11/4

## Basketball Curriculum Enrichment (Grade 2-4) 2016-2017

Title of Program: Basketball Clinic Grades: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Grade - Boys and Girls

Time: 3:15-4:15 Location: Gathering Hall Fee: \$105.00

Please send a note in with your child for their homeroom teacher for each class they attend.

Dates of Program: Monday - 11/28, 12/5, 12/12, 12/19, 1/9, 1/23. Make-ups, TBD

Course Description: Learn fundamentals of Basketball and engage in game play using fundamentals.

Teacher Advisor/Instructor: Mr. Timothy Dunn

Contact Information: [dunn@stroseschool.com](mailto:dunn@stroseschool.com)

- **Session I Outline:** Dynamic Warm up. Shoot around. Practice ball handling skills- Fingertip exchange, around the head, around the waist, around the legs, figure 8, Spider, and around the world. Practice dribbling skills - Dribbling and protecting the ball, crossover, behind the back and through the legs. Practice the triple threat position and pivoting.
- **Session II:** Dynamic Warm up. Shoot around. Practice ballhandling. Practice dribbling skills. Practice the chest pass, bounce pass, overhead pass, and fast break baseball pass.
- **Session III.** Dynamic Warm up. Shoot around. Practice ball handling. Use BEEF principle. Practice free throws, layups, and jump shots. Practice defensive stance while partner is dribbling.
- **Session IV:** Dynamic warm up, practice moving without the ball-V cut, V cut backdoor, L cut, L cut backdoor. Practice passing/dribbling/shooting. Play 2 on 2 with man to man defense.
- **Session V.** Dynamic warm-up - Practice ball handling skills. Shoot around. Install 2-3 zone defense and play 5 on 5 game with rules.
- **Session VI:** Dynamic warm up - Practice ball handling skills. Shoot around. Use 2-3 zone and play 5 on 5 game with rules. Popsicles provided on last day.

**Please note: An up-to-date Annual Physical should be handed in to Nurse Bonnie and is required when participating all sports at St. Rose**

---

**Return Registration Form** - Please return in envelope with payment payable to St. Rose of Lima School to the attention of the instructor. **Deadline for Registration is Friday, 11/4** so that AS Sports shirts may be ordered.

**Name of Enrichment Program:** Basketball Clinic for 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Grade

Name of Student \_\_\_\_\_ Grade \_\_\_\_\_

Home Telephone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Information \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_ (Checks/No Cash payable to Saint Rose School)

Shirt Size: YXS\_\_ YS\_\_ YM\_\_ YL\_\_