

Space limited
20
Participants



We build strong kids, strong families, strong communities.



Basketball Development Program

The YMCA has put together a comprehensive program to help you develop your offensive basketball skills and overall conditioning.

The YMCA Developmental Program will feature experienced coaching staff, state of the art facilities and equipment, plus a lot of fun.

The program will require hard work, dedication, great attitude and a desire to learn.

Shooting

Monday

4:00 PM – 5:00 PM

- **Level 2** (6th – 8th Grade)

5:00 PM – 6:00 PM

- **Level 1** (3rd – 5th Grade)

Teaching to develop proper form, leg strength, consistency and the confidence required for a great shot. Skills will be evaluated monthly for improvement and future areas of focus.

Program Member - \$50 Monthly
Facility Member - \$25 Monthly

Ball Handling

Wednesday

4:00 PM – 5:00 PM

- **Level 2** (6th – 8th Grade)

5:00 PM – 6:00 PM

- **Level 1** (3rd – 5th Grade)

Working hard to build ball control skills, hand - eye coordination, passing and moves to make sure the player is always confident with the ball in their hands.

Program Member - \$50 Monthly
Facility Member - \$25 Monthly

Speed and Agility

Monday and Wednesday

4:00 PM – 5:00 PM

- **Level 1** (3rd – 5th Grade)

5:00 PM – 6:00 PM

- **Level 2** (6th – 8th Grade)

Extensive conditioning with a focus on explosion, endurance and speed for all athletes. This program will be high intensity, and will be fun and rewarding for the athlete

Program Member - \$90 Monthly
Facility Member - \$45 Monthly

The Basketball Development Plan Includes all three skill clinics

Program Member: \$120 Monthly

Facility Member: \$60 Monthly

The program will include the Shooting, Ball Handling, Speed and Agility Training Classes, Parent Education, Home Program, Pre and Post program testing monthly, monthly progress report. The following equipment will be provided at your first meeting of the program: two basketballs, jump rope, back pack and weekly home workout sheet.

The Peoria Unified, Glendale Elementary and Washington Elementary School Districts neither endorse nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service.

Shooting

Level 1 – Basic shooting principles of proper form, release, readiness and fundamentals.

Level 2 – Once the basic shot fundamentals are in place, we will then work on creating your own shot, using picks, shooting off the dribble and shooting from the pass.

This program will include use of the Dr. Dish Shooting Machine for maximum repetition, stations and group based drills to encourage constant involvement. The program will be constant fun, work and repetition with no idle time.

Ball Handling

Level 1 – Basic dribbling, passing, rebounding and ball control principles at game speed.

Level 2 – Advanced ball handling (*attacking a trap, breaking down the opponent and advanced offensive moves*), passing (*outlet, post, creating a passing lane and opening the floor*)

This program will be constant ball handling in an environment that allows the participant to become comfortable at handling the ball and making decision while playing at high speed. Once again this will be constant action, and no time will be spent waiting in lines.

Speed and Agility Training

Level 1 – Basic conditioning drills that will significantly improve agility, speed and endurance.

Level 2 – Advanced conditioning that will focus on explosion, speed and agility. This is high intensity training, and will require a strong will to work at this level.

This program is based on preparing the young athlete to be conditioned and ready to play at a high level for an entire game. It will meet the needs of the beginner and the advanced athlete as well.

Facilities

All programs will be held at the state of the art Glendale/ Peoria YMCA, and will utilize the gymnasium, shooting machines, fitness area, fields and hills..

Registration Each session begins at the beginning of every month. Registration deadline is the last day of the month before the next session begins. Parents will receive weekly homework and directions so they may be involved in their child's progress.

For more information call 602-588-9622 or email avasquez@vosymca.org

CHILD'S NAME _____ DOB _____ Grade Level _____ Gender M or F

ADDRESS _____ APT. _____ CITY _____ ZIP _____

PRIMARY CONTACT _____ HOME # _____ CELL or WORK # _____

EMERGENCY CONTACT _____ HOME # _____ CELL or WORK # _____

HOW TO PAY

1. **In Person:** Cash, Check, Money Order, or Credit Card
2. **Mail:** 14711 N. 59th Ave, Glendale, AZ, 85306
3. **Fax:** 602-547-0286 (Credit/ Debit Card Only)

CREDIT CARD/ DEBIT: ___ VISA ___ MASTERCARD ___ A. EXPRESS ___ DISCOVER

Name as it appears on card: _____

Card # _____ Exp. Date _____

Signature: _____ Date _____