



## Birmingham Basketball Academy 2017-18 5<sup>th</sup>/6<sup>th</sup>-Grade League

### Background

- There is a need for this league. This season will be our third consecutive!
- The system is designed to provide a proper combination of instruction and play.
- Competition is very important, but we do not place a major emphasis on winning games. Most important aspect: How much better is each participant at the end of the season?
- The environment is positive: No coaches yelling and screaming!

### Advantages

- No travel
- Low cost
- Fundamentals. Enhances critical thinking skills and helps develop a high basketball IQ.
- Everyone plays. Team Jerseys provided
- Play with/against players from other schools.
- It's competitive, intense, and fun!
- The 3-month season allows plenty of time for young players to develop.
- The curriculum is designed by Coach Walter Carvalho, an international coach with over 30 years' experience.

### What Do the Players Learn?

- Individual and team skills & concepts.
  - Ball-handling
  - Finishing around the basket
  - Shooting
  - Footwork
  - Passing and catching
- How to properly pass, screen, and cut.
- How to move without the ball.
- How *not* to be passive. Basketball is a tough, intense game!
- How to play man-to-man defense.
- How to play full-court basketball.

### Details

- Location: Mountain Chapel United Methodist Church on Rocky Ridge Rd.
- Price: \$250 (50% discount for 2<sup>nd</sup> sibling). Team Jerseys Provided.
- Monday nights only (beginning Monday, November 20).
- Time slot: 6:30-8:00 p.m.
- 10 total sessions of practice and play.
- Last session is in February 12.
- We provide high-quality, experienced coaches who understand our philosophy.

**Register @ Our Web Site Below!**

*Don't measure yourself by what you've accomplished, but by what you should have accomplished with your ability. ~ John Wooden*

**Web Site: <http://www.bhambba.com>**

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