



## Winter 2018-19 Skills Program Girls and Boys Grades 1-3

### Background

- Traditionally, very young children are “thrown” into basketball games without being taught to play! (Can you imagine going to a piano or dance recital when the participants have never had lessons?)
- Skill and confidence development are of the highest priority for the BBA.
- Our system that maximizes development in a relatively short period of time.
- *We have the unique expertise to help very young players build a solid foundation.*
- These dynamic sessions emphasize basic locomotor skills along with early-stage basketball skills.

### Advantages

- High-level skills training emphasizing movement & hand-eye coordination.
- Fundamental approach enhances critical thinking skills and helps the participants to learn to understand the game.
- Participants develop confidence & competence.
- Interaction with players from other schools.
- Lots of movement AND fun!
- Limited number of participants.
- Designed to help the players develop basic skills so they can begin to learn how to play.

### What Do the Players Learn?

- Locomotor skills (which apply to every sport): Running, hopping, jumping, sliding, leaping, and skipping.
- Age-specific basketball skills:
  - Ball-handling
  - Basic layups
  - Shooting
  - Footwork
  - Passing and catching
- Learning how to apply these fundamental skills to actual games.

### Details

- Location: The Quad @ 2301 Old Columbiana Rd. Vestavia Hills 35216.
- Price: \$150 (Discount for 2<sup>nd</sup> sibling).
- Grades 1<sup>st</sup>-3<sup>rd</sup>.
- Dates: 1/15, 22, 29; 2/5.
- Time slot: Tuesdays 6:30-7:30 P.M.
- Each session consists of a combination of athletic skills and basketball skills.
- A curriculum unique to the BBA.
- What we do best: Teach kids how to play!

**Register on 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: [www.bhambba.com](http://www.bhambba.com)

Founder and President: Bill Ivey 205.616.3465 [wbivey@gmail.com](mailto:wbivey@gmail.com)

Dir. of Player/Coach Development: Walter Carvalho 205.370.7037 [wpcneto@gmail.com](mailto:wpcneto@gmail.com)