



2019 FALL BASKETBALL PROGRAMS

SATURDAY INTENSIVE TRAINING SUNDAY HIGH 'N SOFT SHOOTING

September 14th - November 16th

September 15th - November 17th

Day Off: None

Day Off: None

TIME & AGES

The Club League: Ages 6-8yrs & 8-10yrs

10:30AM-12:00PM: **Ages 10-12**

12:00PM-1:30PM: **Ages 12-14**

1:30PM-3:30PM: **Ages 14-16**

TIME & AGES

6th Grade & Under

11:15AM - 12:20PM

7th Grade & Over

12:30PM - 1:45PM

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LOCATION

PS 87

160 West 78th Street
bet Amsterdam Ave & Columbus Ave

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TRAINING WILL FOCUS ON:

Full Court Games
Analysis of Game Situations
Leadership on- and off-the-court
Ball handling, passing,
court vision, and in-game strategy

INTENSIVE TRAINING

The science of the jump-shot
Effective & efficient body movement
Better breathing to improve 3 point shooting
Tactical shooting: Off the dribble, spot ups,
step backs & many more

3 ON 3 INSTRUCTIONAL

League Coming This Fall

**** **NEW OFFERING** ****

THE CLUB LEAGUE

Saturday

Ages 6-8yrs: 8:30AM- 9:30AM

Ages 8-10yrs: 9:30AM- 10:30AM

Sunday

Ages 6-8yrs: 9:00AM- 10:00AM

Ages 8-10yrs: 10:00AM- 11:00AM

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