

## **EXPLORATION PHASE**

**2 Years - 5 Years**

Mini sports Academy | High energy, fun and active classes, introducing Basketball with a focus on developmental skills such as balance, coordination and listening to instructions.

FUN Parent-Child and peer to peer and coach interactions.

## **FOUNDATION PHASE**

**6 Years - 9 Years**

Introduction to basic game presence and concepts, with a focus on the mechanics of shooting, dribbling and passing.

Exposure to footwork, conditioning and defensive development. Learning team concepts and establishing character. Intramural game play.

## **TECHNICAL DEVELOPMENT PHASE**

**10 years - 12 Years**

Continuing mechanics and technique development | Shooting and dribbling. Exposure to offensive and defensive schemes, as well as learning continuous motion with advanced passing and footwork drills.

League game play provides continued game development

## **RUN AND GUN PHASE**

**13 Years +**

Advanced individual technical skill development combined with sport specific strength, conditioning and agility. Competitive league play with advanced instruction on Basketball knowledge and game situations.