

Saint Rose of Lima School

Register early - Space is limited - Deadline 1/10

Basketball Curriculum (2nd and 3rd) Enrichment Program 2019-2020

Title of Program: Basketball Clinic **Grades:** 2nd and 3rd Grades - Boys and Girls

Time: 3:00-4:00 **Location:** Gathering Hall **Fee:** \$100.00

Dates of Program: Wednesday- 1/15, 1/22, 1/29, 2/5, 2/12. Make-ups, TBD

Course Description: Learn fundamentals of Basketball and engage in game play using fundamentals.

Teacher Instructor: Mrs. Donna Rahtelli (Past college basketball player and previous St. Rose Basketball Coach)

Contact Information: rahtelli@srles.com

Session 1 - Dribbling, Triple Threat position, pivoting, defensive stance guarding a dribbler

Session 2 - Review Dribbling, Passing technique- chest pass, bounce pass, overhead pass, ladder runs

Session 3 - Review dribbling and passing, shooting- BEEF Principles. Practice moving without the ball.

Session 4 - Practice zone defense and use dribbling, passing and shooting in a game

Session 5 - Play game with substitutions 3 on 3. Focus on spacing, passing and moving to get open.

Please note: An up-to-date Annual Physical should be handed in to Nurse Bonnie and is required when participating in all sports at St. Rose

Return Registration Form - Please return in envelope with payment payable to St. Rose School to the attention of the instructor. **Deadline for Registration is Friday, 1/10.**

Name of Enrichment Program: Basketball Clinic - 2nd and 3rd Grades

Name of Student _____ Grade _____

Home Telephone _____ Email _____

Emergency Contact Information _____

Amount Enclosed \$ _____ (Checks/No Cash, payable to "Saint Rose School")