



新加坡籃球總會

Basketball Association of Singapore

Singapore Basketball Centre 601 Aljunied Crescent #01-04 Singapore 389862.
Tel: (65) 6743 8425/6743 7925 Fax: (65) 6743 8426 Website: <http://bas.org.sg>

BASKETBALL SATELLITE CENTRE

The practice sessions are conducted on Sundays for 12 consecutive weeks. We sincerely invite you to participate in this exciting and enriching basketball programme which we are confident would significantly benefit your students.

[Programme Duration]

- 12 weeks

[Timing of Practice Sessions]

- TBA

[Practice Venue]

- TBA

[Targeted Participants]

- 7 to 17 years old boys & girls from Primary & Secondary Schools

[Practice Attire]

- Proper sports attire and court shoes

[Registration Fees]

- \$180 Per Participant [Based on this payment, participants will receive a set of jersey {inclusive of both top & shorts}, a basketball, a goody bag and 12 sessions of quality coaching by NROC-Registered Coaches]



[Training Outline]

[Learning Phase (6 Weeks)]

- Participants will acquire the following basketball skills during the Learning Phase:
 - ❖ Body Movement & Footwork (e.g. getting into triple threat position and etc)
 - ❖ Passing (e.g. chest pass, bounce pass, push pass and etc)
 - ❖ Ball Handling (e.g. finger wraps, head wraps and etc)
 - ❖ Shooting (e.g. shooting after receiving a pass and etc)
 - ❖ Dribbling (e.g. cross over, behind back and etc)
 - ❖ Lay-Ups (e.g. attempt a lay-up after getting a pass and etc)
 - ❖ Defensive Fundamentals (e.g. 1-on-1 without the ball and etc)

Games / Play approach will be used to develop the skills required rather than using drills.

[Learning Phase (2 Weeks)]

- Participants will practice and improve the basketball skills which they have acquired in the Learning Phase through mini-games.

[Competing Phase (4 Weeks)]

- Participants will compete in 5-on-5 matches amongst themselves. The participants will be segregated into groups based on their skills level. In addition, the participants will compete in sparring matches against school basketball teams.

For participants that have participated in previous training cycles, they will be learning a new set of syllabus should they decided to enroll in the upcoming training cycle.



[Other Information]

- Participants will receive a 'Certificate of Participation' upon successful completion of the programme.
- The cost of the programme can be covered through edusave schemes (i.e. subjected to school approval).
- For more information in accordance to the Basketball Satellite Centre, please contact **Ms Lim Jiamin at 6743 8425 or email to jiamin@bas.org.sg**.
- It is the duty and responsibility of the participant to provide necessary insurance coverage for himself / herself. Basketball Association of Singapore (BAS) will not liable for any injuries or accidents occurred during the programme.