

BASKETBALL SKILL DEVELOPMENT 2018-19

GENERAL INFORMATION

Instructor: Dave Smith

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HOURS/TIMES: Based on class size and gym availability in the Clarkston/Waterford area - (1) hour between 6pm-8pm or 2pm-4pm

GYM (1): Crary Campus Gym, 501 N. Cass Lake Road, Waterford, MI 48328 (Thursdays or Sundays)

GYM (2): Waterford Adventist Church, 5725 Pontiac Lake Rd, Waterford, MI 48327 (Mondays or Tuesdays)

GYM (3): First Congregational Church, 5449 Clarkson Road, Clarkston, MI 48348 (TBD)

COURSE DESCRIPTION - PlayAllBasketball teaches basic, intermediate and advanced basketball skills and concepts during structured gym training sessions. Participants improve shooting, dribbling, passing, rebounding and techniques in offense and defense. PlayAllBasketball coaches emphasize teamwork, respect, discipline and responsibility. Students will be expected to achieve measurable improvement. Practice outside of class time and team play is encouraged to achieve an improved performance level.

COST/CLASS SIZE:

\$40/Session (14) Sessions. Preferred Class Minimum (4-6). Preferred Class Maximum (12-15).

REQUIRED EQUIPMENT:

Indoor basketball, basketball shoes, clothing and water.

COURSE RESOURCES:

<http://www.pabready.net/teams/default.asp?u=PAB&s=basketball&p=links>

COURSE OBJECTIVES:

1. Demonstrate improved shooting, dribbling, passing, and rebounding techniques.
2. Demonstrate improved knowledge of defensive and offensive concepts.
3. Demonstrate improved understanding of teamwork, respect and discipline.
4. Demonstrate improved knowledge of basketball history, rules, safety and fitness.
5. Develop personal skill analysis using CASE. CASE = 1 Commitment + 2 Attitude + 3 Skill + 4 Effort

Player Characteristics

Name _____	Number _____	Position _____
Class _____	Height _____	Weight _____
Build _____	Dominant Hand _____	
	STRONG FAIR WEAK	STRONG FAIR WEAK
Boxes Out.....	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Defense on the Ball..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Offensive Rebounder..	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Defense Away From Ball. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Weak Hand Dribbler...	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Spot Shooter..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ball Handling.....	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Shooter on the Move..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
One on One Offense..	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Free Throw Shooter..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Penetrator.....	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Aggressiveness..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Passing Ability.....	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Leadership..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Quickness.....	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Attitude..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Comments: Starter? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, when and who did they come in for?		

