



BBA 2018-19

Girls 4th-6th-Grade Fall-Winter Program

Overview

- Girls grades 4th-6th.
- Girls typically don't get the fundamental instruction they deserve. This program meets that need.
- Designed to provide a proper combination of instruction and play.
- We want to create a cooperative and competitive environment. The most important outcome, however, is: How much better is each participant at the end of the season?
- The environment is positive & encouraging. No yelling & screaming...

Advantages

- No travel.
- Practices/games during same session.
- Fundamentals. Enhances critical thinking skills and helps develop a high basketball IQ.
- Everyone plays.
- BBA jersey included.
- Play with players from other schools.
- Competition is FAIR!
- The long season allows plenty of time for young players to develop.
- The curriculum is designed by Coach Walter Carvalho, an international coach with over 35 years' experience.

What Do the Players Learn?

- Individual and team skills & concepts.
 - Ball-handling
 - Finishing around the basket
 - Shooting
 - Footwork
 - Passing and catching
- How to properly pass, screen, and cut.
- How to move without the ball.
- How to become aggressive. Basketball is a tough, intense game!
- How to play man-to-man defense.
- How to play full-court basketball.

Details

- Location: The Quad (old Sports Medicine/Fitness Institute; 2301 Old Columbiana Rd. Vestavia Hills 35216)
- Price: \$175.
- Thursday nights (beginning November 8th).
- Time slot: 6:30-8:00 p.m.
- 5 sessions: Training plus 5 on 5 games.
- November 8, 15, 29; December 6 & 13.
- We provide high-quality coaches who are instructors first, coaches second.

Register @ Our Web Site Below!

Don't measure yourself by what you've accomplished, but by what you should have accomplished with your ability. ~ John Wooden

Web Site: <http://www.bhambba.com>

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