

## ***Basic through Advanced Basketball Training Syllabus***

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### **Description:**

The basic / advanced fundamentals training course is being offered to provide children of all ages an opportunity to better understand not only basic rules of the game but to gain an understanding of the skills and abilities used to improve upon their individual achievements while playing basketball. The kids will have a blast and you'll be amazed at the increase in their basketball IQ as a result!

At a quick glance... we will focus on ball handling, passing, shooting, offensive and defensive positioning, footwork, etc. From time to time, I will ask for parents to interact with the students by coming on the floor and helping me to visually represent the lesson.... So bring your gym shoes!!!

### ***Location:***

- Niles Sports Warehouse - 1720 Terminal Road, Niles, MI

### ***Dates:***

- Monday evenings: Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5

### ***Times:***

- 5:00 - 7:00 p.m.

### ***Ages:*** Open to all ages and ability levels

- Age, size, ability level will not matter as the participants, although they may interact for training purposes, will essentially be working independently

### ***Student requirements:***

- Gym shoes - Please carry your gym shoes into the gym so we don't track mud, water, etc. in from the outside.
- Arrival time - Please plan to arrive about 10 minutes early to be sure we are ready to go right at 5:00 p.m.

### ***Week 1:***

- Introductions and expectations
  - Ball handling
  - Court awareness / terminology

### ***Week 2:***

- Ball handling
- Passing

### ***Weeks 3***

- Ball handling
- Passing
- Shooting

### ***Weeks 4***

- Weeks 1 - 3 review
- Shooting
- Take home quiz provided to all participants

### ***Week 5***

- Quiz returned by participants!
- Review of first four weeks
- Defensive positioning

### **Week 6**

- Defensive positioning
- Offensive positioning

### **Week 7**

- Team strategies and using your individual abilities to gain advantage

### **Week 8**

- Course review
- Parent showcase
  
- A take-home quiz will be given to all students during the Week 4 session
- Coach Oates will ask for parental volunteers to assist during tutorial situations. Any interested parent should reach out to Coach Oates in advance. Any assistance is greatly appreciated!
- For those participants ages 5 -10, Coach Oates is offering a separate course on Sunday mornings focused on the team approach. The participants of Monday night training sessions could further their training by participating in the Sunday morning training and games. This is a separate course offering.