



ALTRU FAMILY YMCA

BASKETBALL ACADEMY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL ACADEMY

BUILDING ESSENTIAL SKILLS & CONFIDENCE

Wednesdays • June 1, 8, 15, 22, 29 • Girls & Boys • \$50

Grades 3-4: 6:30-7:30 • Grades 5-6: 7:30-8:30

The YMCA Basketball Academy's mission is to grow athletes using fundamentals and details of the game. The main focus will be on the whole basketball player. No matter the position. Dribbling, passing, shooting, defense, and rebounding are essential skills at every level!

Coaching sessions are going to have an emphasis on growing in essential skills. In a high energy and fun environment building confidence within all parts of basketball.

Breakdown of skills include:

- Ball handling and footwork.
- Shooting and shooting footwork.
- Passing, types of passes, passing on the move, and passing teammates open.
- Interior and perimeter scoring.
- Defensive movements and reads.
- Rebounding and finishing defensive possessions.

Basketball is a game of enthusiasm! We'll build a foundation and understanding. Then focus on speed, energy, and playing with pace.

Recommend equipment for basketball players are basketball shoes, shorts, and tee shirt.



COACH JUSTIN BRUNK

My passion is lived through the successes of others. Graduating from the University of North Dakota with a Bachelor's of Science in Kinesiology and Minor in Athletic coaching allows me to do so. In my athletic experience I was lucky to have played college basketball and football at Itasca Community College. Now its my turn to give back and coach others to their successes. My specialties include Individual basketball coaching, team basketball coaching, athletic performance, and personal fitness. Through our hard work we can accomplish anything!

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