



ALTRU FAMILY YMCA

BASKETBALL ACADEMY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring Break

BASKETBALL ACADEMY

Grades 4-8

*** Register for all three
sessions for only
\$100.00! ***



TUESDAY, MARCH 14

OFFENSIVE SKILLS CAMP

2:00 - 4:30 pm

All around camp to work on offensive and aggressive agility moves towards the basket, with emphasis on ball handling and basic power dribbling. \$45*

THURSDAY, MARCH 16

DEFENSIVE SKILLS CAMP

2:00 - 4:30 pm

An aggressive camp, showing defensive principles, outside help defense, and shell defense. It is an introduction to basic principles in offensive spacing and off ball movement. 5v5 and 3v3 spacing and offensive ideas will be included. \$45*

SUNDAY, MARCH 19

WARRIORS CAMP

5:30 - 8:00 pm

Competitive skills, challenges by King of the Hill, agility skills, camps, shooting, skill, camp, and 3v3 play. \$45*

Coach: Breon Quintero

Contact: Adam Sorum / asorum@gfymca.org