

GET AHEAD



at Songkran

Holiday Programmes at Harrow Bangkok

Basketball WorkOut Programme (Y1 - Y10 / Ages 5 - 14 yrs) : Mr Frank & Mr Poyzar

Basketball enthusiasts must join this course. There are a range of activities for young and old students, beginners and those that are training at team level. Students will work on the key skills of shooting, dribbling, passing and defending to take them to the next level of basketball. Practice makes perfect! Come and join the basketball Songkran course...



Schedule: Week 1 (9th – 12th April 2018)

	Monday	Tuesday	Wednesday	Thursday	
1	Introduction and planning how to play basketball	'Insanity workout' fitness development	Skill development : shooting	'Insanity workout' fitness development	
2	Skill development : Dribbling Skills	Skill development : Passing Lay Up	Game : Shooting and Lay Up Challenge	Skill Development : Defence	
3	Further basketball training or students can try other sports (swimming, tennis, gym sports)	Further basketball training or students can try other sports (swimming, tennis, gym sports)	Further basketball training or students can try other sports (swimming, tennis, gym sports)	Further basketball training or students can try other sports (swimming, tennis, gym sports)	