

WHAT IS REQUIRED FROM YOU?

- Teamwork plays a big part in the game of basketball.
- Very good listening skills is a must.
- Participation from all students is essential.
- Punctuality is most important as the facilitator has several lessons to conduct throughout the day.
- Appropriate footwear and a water bottle are required.



Please feel free to ask questions during the sessions if you are not sure of anything.

IF YOU ARE INTERESTED IN ENROLLING YOUR CHILD PLEASE FILL IN THE REGISTRATION FORM;

PAYMENT OPTIONS

CHEQUE:
Hutt Valley Basketball Association Inc.
PO Box 35014
Naenae 5041

DIRECT DEBIT:
Bank Account details:
060529 0347098 00
Ref: Players Name
Code: Skills Prog

CONTACT DETAILS:

Phone: 04 9396277
Fax: 04 9396275
Mobile: 0274937417
Email: hvbasketball@xtra.co.nz

REGISTRATION FORM

CHILD'S DETAILS

Child's Name - one per form

Gender: Date of Birth:

Medical Conditions (e.g. allergies, dietary conditions etc.):

Child's Doctor Phone

PARENT/CAREGIVER DETAILS

Parent/Caregiver's Name

Address

Home Phone Work

Mobile:

Email:

ALTERNATIVE EMERGENCY CONTACT

Name:

Relationship to Child

Mobile:

OTHER PERSON WHO MAY PICK UP YOUR CHILD

HUTT VALLEY BASKETBALL
ASSOCIATION INC



HVBA



PAKŃSAVE

Proud sponsors of youth participation in sport

Skills Program

The Facilitator.

What you will learn.

WHAT

Teaching the fundamentals of the game in a fun and competitive environment.

WHO

Students between 5 and 14 years old.

Sessions: Maximum 20 students per session - so be in quick!

Each session is 50 minutes long and will run for three (3) weeks.

WHEN: Tuesdays & Thursdays
January:
8, 10, 15, 18, 22 & 24

WHERE: Upeer Hutt College
Gymnasium

TIMES: 10am - 10.50am (5 - 8yr olds)
11am - 11.50am (9 - 10yr olds)
12am - 12.50pm (11-12yr olds)
1pm - 1.50pm (13-14yr olds)

COST: \$7 per child per session

Early Bird Rate

\$35 per child for six (6) sessions

Register before December 11 to qualify

Sorry, no family concession rates

GEORGE LEA'FA



THE PLAYER

Drafted in to the Wellington Saints in 1997 and retired from NBL in 2011. Played for Samoa in the South Pacific Games. Also played for the Waikato Titans and a New Zealand A Representative.

THE COACH

George has coached a range of teams from his son's college team to a variety of Representative teams.

THE DEVELOPMENT OFFICER

Part of developing players means George is also involved in helping coaches to develop. He regularly goes into schools, throughout the year, and works with students of all ages.

PAK'nSAVE

BODY PATTERN MOVEMENT

- Co-ordination of hand, ball, feet and balance.
- Creating a stance
- Running and stopping
- Change of direction
- Pivoting and sliding
- Jumping and landing
- Passing - Air pass and bounce pass
- Catching and shooting
- Non-Dribbling moves
- Dribbling - become more confident using both left and right hands



TO BE ABLE TO IDENTIFY THE

- Sidelines, baselines and free throw lines
- Keyhole and 3 second area
- 3 point line
- Half court, front and back court
- Backboard
- No charge zone

There are more fundamentals to be learnt throughout the programme.