

Hello

After several conversations with high school and collegiate coaches, the common topic of what kids are lacking when they enter high school is a solid set of fundamentals. It seems the emphasis in today's youth development programs is focused too much on playing games and less on the actual skill development needed to continue to excel at the next level.

Recently, many people have approached me about the possibility of starting a basketball club based entirely on individual skill development. I understand that some may already be playing aau club basketball or play in a different league. This would not be to take its place; as **our main focus will be on skill development** and not games.

With that said, I am going to be starting a grade school basketball skills club on Sunday evenings from 6:00 to 7:30 pm at Ursuline. It will be focused entirely on skill development in every aspect of the game needed to perform at the highest level. We will work on:

Offensive Skills:

Ball Handling Post Play
Dribbling Guard Play
Footwork Screening
Passing Cutting
Rebounding Attacking Basket
Shooting Moving without the ball

Defensive Skills:

Footwork Defend Post
Deny Wing Defend Ball
Deny Flash Ball Screens
Defend Screens Close Outs
Help and Recover Reverse Help
Help Side Defense Rotation

The cost of the club will be \$50.00 per month. There will be no sign-up fee, initiation fee or other club fees. Just bring your own basketball.

I am trying to get a firm number of possible participants so if you are interested in joining or know of anyone else that would benefit from this, please email me at jstevens@ursulineestl.org or contact me on my cell phone at [314-210-8233](tel:314-210-8233). We are looking to begin September 11.

Thank you,

Jeff Stevens
Head Varsity Basketball Coach
Ursuline Academy