

ROYAL BASKET CLUB HENRI-CHAPELLE

Stage du lundi 17 au vendredi 21 août 2020.

Responsable : Cyriel Van Geert.

U6 – U7 – U8

1. Révision et amélioration de technique de base + test individuel.
2. Shooting – basic and lay-up – drill's éduc.
3. Dribbling – 1 + 2 ball's.
4. Passing, catching and stopping, pivot.
5. Building your defense.
6. One on one, two on two-play (luckyball).
7. Matches : teams of 3 or 4 players.
8. Tests baske
9. tball (team de 3).
10. Technical course.

U10 à U15

1. Révision et amélioration de technique de base.
2. Passing and catching under pressure – F.C. passing.
3. Building your offense : start + breakdown drill's, Stefanel + flex.
4. Building your defense : individuel + team.
5. Shooting : basic – spots – after dribble – after catching – off. footwork
6. Basic screening (pup) (start).
7. Pivot play – basic
8. One on one – two on two-play (luckyball) – dem.
9. Matches : teams of 5 players.
10. Tests basketball (individuel + team).
11. Physical conditioning.

Programme journalier.

1. Warming-up + révision technique.
2. Shooting – dribbling – passing – perfectionnement.
3. Defense and offense – Stefanel + flex.
4. Post-play + forward.
5. Travail weak points – dem. + 1/1.
6. Lucky ball ou tests basketball.
7. Matches one on one, 2 on 2, 3 on 3 et 5 on 5.
8. Physical conditioning – technical course +
9. Stretching.