



YMCA Trentham Afterschool Care

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The team from Y Central Sports are partnering with Y-Kids Trentham to bring Basketball to our afterschool programme! Every Thursday for 4 weeks, Y-Sport experts will share their basketball wisdom, teaching kids the fundamentals as well as training drills and skill exercises for the game of basketball! Don't miss out!



Register today! www.ycentral.nz

0800 YMCA 4U / trentham.asc@ycentral.nz



Y-SPORT - BASKETBALL

WITH YMCA Y SPORT EXPERTS

5 August

Week 1

Basic fundamentals
bounce/ catch- pass/
Shooting

12 August

Week 2

Dribbling fundamentals and
triple threat position.

19 August

Week 3

Fundamentals to chest,
over head bounce, one
arm throwing.

26 August

Week 4

Fundamentals to
shooting/ following
through.