

To register, complete application below, and mail with fee to: *In The Zone, 6870 Chrisphalt Drive Bath, PA 18014.*

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Age on Sep 1 ____ Grade in Sep '16 ____

Basketball Experience: _____yrs

Consent and Waiver:

I certify that my son/daughter _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at In The Zone.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian Date

Frequently Asked Questions

Why play 2 on 2 and 3 on 3? Both of these half-court formats stress fundamental basketball including pick and rolls, give and go's and man to man defense. Additionally by reducing the number of players on the court, individual touches and opportunities increase. These small-sided games have been utilized in soccer for years. Also, the "steal and lay-up" offense is eliminated and teams have to work in a fundamentally centric half court set to score.

Why In the Zone? Our primary instructor and program developer has almost 15 years and thousands of hours coaching kids and teaching basketball. Over the years, we've developed a training program and style that works.

How do I register and how much does it cost? You can register by completing the registration form in this brochure and mailing with payment to In The Zone. The registration fee for this program is \$215 which includes 27 training sessions and works out to about \$5.25 an hour. This is considerably less than activities like karate, MMA, Dance, gymnastics etc



***Future Stars
Basketball
at***

In the Zone



Athletics

***Instructional
program for
K-4th grade
Co-Ed***



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

In the Zone Basketball Club is conducting an instructional basketball program for boys and girls grades K-4th starting Wed Nov 2 and continuing through Feb 25, 2017.

The primary focus of this program is to teach the fundamentals of basketball in a logical, sequential and technically accurate manner.

This program will stress the fundamentals of the game. If a player can't dribble, pass, catch, shoot or play man-to-man defense, there is no sense running up and down the court trying to play games

Program Highlights

- 2 practices/week. One practice on *Wednesdays between 6:00-7:00* and one on *Saturdays between 4:00 and 5:00 pm* in one hour blocks (excluding Nov 23, Thanksgiving and Christmas vacation times).
- *Wednesdays* will focus on skills.
- *Saturdays* will feature skills and games. We will; however, work on individual skills throughout the entire program on both days.
- Kids will be divided into ability groups, not age groups. These groups will change as kids demonstrate proficiency at the various levels and move through the program.
- Kids will be promoted through the training program based on their

players on the planet do it, so should our kids.

mastery of certain skills (similar to the Belt system in martial arts)

- The final stage and end goal is for each player to be proficient in all their individual and small group skills and be able to play full court games.
- The emphasis during the games will be on instruction and learning—not on winning. By de-emphasizing the score and playing in-house games (rather than pitting one organization against another), we can focus more on teaching, training and instructing.

Sequential Nature of Program:

November will be devoted to individual skills such as ball handling, shooting, rebounding and 1 on 1 man-to-man defense. We will also cover basic rules of the game like, traveling, double dribble, personal fouls, 3 seconds etc. On Saturdays, in addition to doing skill work, we will play 1 on 1 instructional games.

December will be 2 on 2 month. We'll teach passing, pick and rolls, give and go's, some basic offensive rotations, help defense, and off-ball rebounding. On Saturdays, for those kids who are ready, we'll play half court 2 v 2 games.

January is 3 v 3 time. Besides continuing to work on the all-important 2 man aspects of the game, the focus this month will be away screens, down screens,

offensive rotations and help defense. And on Saturdays we'll play half court 3 on 3 games.

February is full court game time. Training will include transition offense and defense, backcourt rules, pressing, etc. Everyone will receive instruction in game management (substitution procedures, jump balls, lining up for foul shots, etc) but only those kids that have demonstrated appropriate knowledge and skills will play full court games. Of course our goal is that everyone is trained to a point that they will be ready to play but that may not be the case.

The last 2 Saturday sessions in February will feature formal games complete with refs, fans and scoreboards. These games will be the pinnacle of our program (similar to a dance recital or concert for those familiar with those programs)

Basketball Size and Basket Height: Most of the players will use an intermediate size (27.5", #5) ball for this program. Depending on the progress of the various groups, they might build up to a 28.5" (#6) size ball. Most groups will start off with lower baskets (probably 8') with the goal of building up to a standard 10' basket as they progress through the training. We feel it is more important that the kids demonstrate proper form on a lower basket than throwing the ball at a 10' basket.