

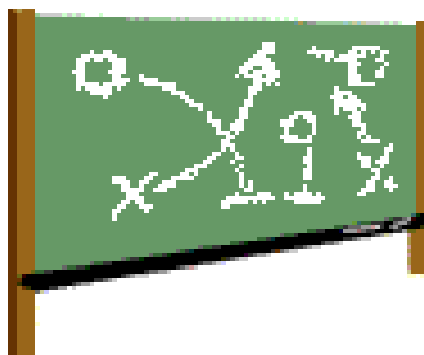
SHOALHAVEN BASKETBALL LEVEL 0 & 1 BASKETBALL COACHING CERTIFICATE COURSE

June 13th – 14th 2009

Level 0 Saturday 9.00am – 11.30am Only

Level 1 Saturday 9.00am – 5.00pm

Sunday 9.00am – 3.00pm



Shoalhaven Basketball Association is proud to present the Level 1 Coaching Course

The Level 1 Basketball Coaching Certificate is part of the National Coaching Accreditation Scheme. The course covers general coaching principles with an emphasis on having sound knowledge of the skills and principles of basketball as well as better organisation of practice sessions, appropriate methods of teaching, correcting techniques and methods of analysing an athlete's performance

The Level 1 Coaching Course will cover the following theory and Practical Topic Areas

- Introduction to Coaching, Planning, Starting Practice
 - Shooting, Individual Offence & Defence
 - Physical Conditioning, Game Coaching, Child Protection, Rules of the Game
 - Team Offence & Defence, Rebounding
 - Sports Safety, Coaching Better, Referees
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COST - \$30.00 Level 0 Certificate includes manuals and handouts
\$130.00 for Level 1 Certificate Includes Level 1 Coaching Manuals & NCAS Accreditation Fee

For more information or to register for the Level 1 Basketball Coaching Course contact **Leona Solley**, on# 0448 067 688 or Email: Iso02906@bigpond.net.au

