



Xavier-
coach
BASKETBALL SCHOOL **e**



The Only **Personalized** Basketball School in Asia.

**A better way
to teach the game.**

For more info, please call

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Format

- Coach E curriculum consists of three (3) modules that can be completed during the course of the year. Each student completes sixteen (16) sessions per module. Eight (8) teaching sessions and eight (8) practice sessions.
- There will be two (2) sessions per week, one weekday (after school) and one weekend (Saturday). Each session is approximately 90-120 minutes.
- Students will be divided into two categories: Rookie or beginners are for students ages 5-11 years old. The other category is the All-stars or the advance, this is for students ages 12 and above.
- All students will go through a skills test to determine their skill level and then assigned to a group of five (5) students with the same skill level thereby assuring them of maximum attention, quality instruction and more repetition of drills.
- The individual attention to detail that Coach E offers, gives the student utmost learning experience with immediate results. Hence, there is more improvement in a shorter period of time.



Coach E Program is divided into two parts:

Fundamentals Balance and footwork, ball handling and dribbling, passing and catching, rebounding, individual defense and shooting form.

Shot Training Stationary and moving lay-up with the dominant and non- dominant hand, free throw form, recognizing the three common causes for every miss shot, developing a consistent shot in your game, individual offensive moves with and without the ball.

Our program uses the following teaching progressions:

- Slow to Fast
- Basic to Advance
- Old Skills to New Skills
- Individual to Team

What is Coach E?



coupled with this, and equally important are the "whys" of the drills of the game.

The school boasts of the smallest coach-to-student ratio (1:5) to improve the player's game through actual instruction, personal video analysis to point out strengths and weaknesses along with supervised practice schedules.

Our personalized method has been proven to be most effective, in achieving the maximum level of development. For players to execute to the best of their ability, he or she must have a solid foundation of fundamentals in order to have the confidence to perform on the court.



Skills will always bring success

Mission

The mission of Coach E is to raise the standard of becoming the complete player. Our program put premium on personalized and progressive type of teaching of the fundamental skills that would prepare them to get to the next level of their game.

During the sessions, players will be introduced in a non-combative atmosphere, the basic fundamental skills and right attitude in order to succeed and enjoy the game of basketball.

First name basis of calling a student, parent's interaction, high and positive energy and non-stop encouragement are the hallmarks of Coach E Basketball School. We believe in the saying that "Skills will always bring success". Success in basketball should be centered on individuals doing their best.



Year One Curriculum



Module 1 (1st Semester) **INTRODUCTORY PHASE** **OF BASKETBALL SKILLS**

It is the primary learning stage where all skill areas are begun and progressively taught. It is important that all basic skills be covered to build a strong fundamental base.

- Week 1 - Week 4 Fundamentals 1
- Week 5 - Week 8 Shot Training 1



Module 2 (2nd Semester) **TRANSITION PHASE TO MORE ADVANCED** **BASKETBALL SKILLS**

It is the stage where basic skills taught at this level is moving from simple to complex, from without the ball to with the ball and from a correct performance to quicker movements close to competition speed.

- Week 1 - Week 4 Fundamentals 2
- Week 5 - Week 8 Shot Training 2

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Module 3 (3rd Semester) **TRANSITION TO AUTOMATED ADVANCED** **BASKETBALL SKILLS**

It is the stage where students learn to transfer fundamentals to games and competition. This is also where the mastery of the fundamentals should increase thus student's progress more and more toward game moves at game speed

- Week 1 - Week 4 Fundamentals 3
- Week 5 - Week 8 Shot Training 3

