



# Swish Girls Basketball Programs



## Which option is for you?

### **Introductory**

**Ages: 6 to 13\***

Designed for girls who are just beginning to play basketball, the Introductory program will focus on fundamental skills such as dribbling, passing and shooting in a fun and challenging way. Very basic defensive skills along with elementary spacing and movement will also be introduced.

*\*If your daughter is new to the game but is naturally very athletic and aggressive and is in 4th grade or older, the Foundational group may be more suitable for her. However, girls that tend to be more reserved will do better in the Introductory group.*

### **Foundational**

**Ages: 9 to 15**

Designed for girls who have played basketball before but are not necessarily ready for competitive, feeder, or school teams, the Foundational program will help young ladies develop confident ball handling, shooting and finishing skills using both their strong and weak hands. A greater emphasis will be placed on basketball IQ including team defensive concepts as well as offensive spacing and movement.

### **Intermediate**

**Ages: 10 to 15\* (Evaluation Required)**

Designed for girls who can confidently use both hands when dribbling, passing and finishing, the Intermediate program will take young ladies to the next level in both ball skills and basketball IQ. A special emphasis will be placed on more advanced separation moves, reading defenses, confidently handling zone and trapping pressure and much more. Basic post play will also be introduced.

*\*If your daughter cannot use both hands comfortably and is not experienced with competitive basketball, then the foundational group would be more appropriate for her.*

### **Advanced**

**Ages: 10 to 17 (Evaluation Required)**

Designed for girls who can confidently perform advanced ball handling skills (combination moves, etc.) and have a solid understanding of man-to-man defense as well as offensive spacing and movement, the Advanced program will introduce elite level ball handling skills, advanced post play as well as provide greater internal competition and intensity.

### **Performance**

**Ages: 14 to 18 (Evaluation Required)**

Our most advanced program, the Performance level, is designed for young ladies who already have an advanced level of skill and IQ and are ready to train at an intensity level that will prepare them for the highest level of varsity basketball and beyond. A significant portion of the session will be devoted to drills conducted with a college level of intensity.



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