



Swish Girls Basketball Programs



Which option is for you?

Lil Swishers **Ages 5 to 8**

Lil Swishers is for girls who are younger but have played basketball before or have been in our program before. Ideally, these girls will have basic ball handling skills and basic basketball IQ.

Introductory **Ages: 5 to 13***

Designed for girls who are just beginning to play basketball, or girls who are still struggling with basic fundamental skills, the Introductory program will focus on 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 (Evaluation Required)**

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. This program is for girls who have basic basketball IQ to play at the middle school, high school, or feeder team level.

**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: 12 & up (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.



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