



Basketball:

Skills, Strategy & Teamwork





“Based in our purpose-built basketball gymnasium, students will work with a qualified coach to develop their basketball skill level.”



BOSTON, USA

WHAT'S INCLUDED:



COACHING

Students will take part in 18 hours of basketball coaching per week to develop skills in competitive play, tactical growth and increased confidence in decision-making under pressure



SPORTS SCIENCE

Each week features a learning afternoon with a Sports Science professor building a scientific understanding of how to attain high performance on the court and sustain it.



ACTIVITIES

The school day will finish with an evening activity which will include discos, international nights and talent shows. Our activities provide opportunities for students to use the English they have learnt and make international friends.



EXCURSIONS

Excursions allow students to really get to know the USA. We use destinations such as Downtown Boston as a classroom, where students will find historic and cultural information through guided walking tours and visits to museums and other places of interest.



EDUCATIONAL VISITS

On each 2 week course there will be the opportunity to visit a local showcase event with your classmates and coaches to analyse skills and tactics and absorb the atmosphere of a competitive US basketball event.



CERTIFICATE

Awarded for the successful completion of the course.

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COURSE OVERVIEW

This dynamic program blends high-level basketball training with a rich intercultural learning experience. Designed for international and domestic students aged 14–17, the course offers a unique opportunity to develop core skills, explore American basketball culture, and compete alongside peers from around the world.

COURSE STRUCTURE

Led by highly regarded and currently approved Nike-affiliated leagues (NYBL) coaches, participants will take part in daily training sessions, focusing on technical fundamentals, tactical awareness, and physical conditioning. Through structured team competition, students will build confidence, sharpen communication skills, and deepen their understanding of game strategy.

Beyond the court, the program emphasizes experiential learning—introducing students to the cultural significance of baseball in the United States and fostering collaboration across diverse backgrounds. Whether students are preparing for high school teams, looking to elevate their performance, or simply passionate about the sport, this course offers a comprehensive and inspiring environment to grow.

Minimum 6 students required to run this course (each week)

COURSE OUTCOMES

- Skill development in competitive and team basketball
- Tactical growth and decision-making under pressure
- Exposure to American basketball culture and systems
- Increased confidence and English language development tied to sport

COURSE INFORMATION

CLASS SIZE:	Maximum 16	AGE RANGE:	14 - 17	COURSE LENGTH:	1 - 4 weeks
ACADEMIC REQUIREMENTS/ LANGUAGE LEVEL:	Intermediate	START DATES:	Sunday 27th June 2027 Sunday 4th July 2027 Sunday 11th July 2027 Sunday 18th July 2027 Sunday 25th July 2027		
BASKETBALL ABILITY	Intermediate to Advanced	SPECIALIST HOURS PER WEEK:	18 hours		
ACCOMMODATION: Single en-suite room. Meals are included (breakfast, lunch and dinner)					

SAMPLE PROGRAM

WEEK 1		MORNING		AFTERNOON		EVENING		
		09.00 - 12.30		14.00 - 18.00		19.30 - 22.00		
SUN	BREAKFAST	Arrival and Local Orientation				DINNER	Orientation Activities	
MON		Skills Training: Ball Handling & Shooting		LUNCH	Included Half Day Excursion: Boston Freedom Trail & Quincy Market		Ice Breakers	
TUES		Drills: Defense & Passing			Included Half Day Excursion: Boston Harbor Cruise & Tour		Game Show	
WEDS		Scrimmage & Tactical Drills			Included Half Day Excursion: Harvard University Tour & Cambridge area		Sports or Board Games	
THUR		Skills Training: Footwork & Agility			Sports Science- Nutrutron and Recovery		Karaoke & Talent Night	
FRI		Drills: Team Offense/Defense			Included Half Day Excursion: Newbury Street Shopping & Copley Square Tour		Fourth of July Celebration	
SAT		Included Full Day Excursion: New York City						

WEEK 2		MORNING		AFTERNOON		EVENING	
		09.00 - 12.30		14.00 - 18.00		19.30 - 22.00	
SUN	BREAKFAST	Basketball Showcase Event					
MON		Skills Training: Shooting & Rebounding		Included Half Day Excursion: TD Garden & Sports Museum		Welcome Party	
TUES		Scrimmage & Feedback Session		Included Half Day Excursion: Premium Outlets Shopping at Wrentham		Halloween Party	
WEDS		Drills: Court Vision & Decision Making		Included Half Day Excursion: MIT Tour		Sports or Board Games	
THUR		Skills Training: Conditioning & Stamina		Sports Science- Performance and Power		International Night	
FRI		Drills: Zone vs Man Defense		Included Half Day Excursion: Historical tour of Plymouth		Movie Night	
SAT		Included Full Day Excursion: Canobie Lake Amusement Park					
SUN		Departure					

This is a sample program and all elements may be subject to change.