

AMS POBUL REDDY PUBLIC SCHOOL

SEPTEMBER - 2019 SPORTS CLUB - CLASSES IX & X BASKET BALL

AIM: THE SPORTS CLUB

we teach the students how to play basketball and develop physical fitness, goal setting, agility hand and body co-ordination, discipline ,how to deal with triumph and defeat & team spirit in them.



The skill of basketball gives following benefits:

- ❖ **Earning enhances cardio vascular system, better respiration techniques**
- ❖ **Burn calories (an hour of basketball can burn 630–750 calories)**
- ❖ **Build endurance.**
- ❖ **Improve balance and coordination.**
- ❖ **Develop concentration and self-discipline.**
- ❖ **Build up muscle.**

Month wise coaching report:

During the months of June and July : Basics of the game & students learnt the art of dribbling

During the months of August & September: passing the ball as a part of the game through which they acquired motor control and hand and body coordination skills charge or blocking, dribbling violations, shooting, which enhances their apart from learning these skills it develop team spirit discipline and social skills:

DRIBBLING: Dribbling is the act of bouncing the ball continuously with one hand by moving forward.

Passing: a pass is the method of moving the ball between the players most passes are accompanied by step forward to increase power and are followed through with the hands ensuring the accuracy.

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