

## I9 Sports Frederick County and HCHC Kids Syllabus

### COURSE TITLE & INFORMATION

#### **Athletic Clinic Program**

Term: Fall 2024 – Spring 2024

Course Dates: Wednesday

Course Times: 1:00PM – 2:00PM

Course Location: Trinity United Methodist Church

703 W. Patrick St.

Frederick, MD 21701

### COURSE DESCRIPTION

The Athletic Clinic Program will have four sessions. Each session is for four weeks and led by i9 Sports of Frederick County. Sessions 1 and 2 will be a basketball clinic, Session 3 will focus on athletic development and Session 4 will focus on soccer.

- The Basketball Clinics are designed for beginner and intermediate level players and anyone who is looking to improve their basketball skills. They will be both fun and educational. Each session will cover a different skill area. These clinics will be mostly about the basics, but some next level training will be incorporated for any advanced attendee.
- The Athletic Development Sessions are designed to enhance development of physical literacy and fundamental movements through drills that are “off the ball”, which in turn builds athlete confidence and the desire to stay active for life.
- The Soccer sessions just like the basketball clinics are designed for beginner and intermediate level players and anyone who is looking to improve their skills. Each session will cover a different skill area focused on soccer.

### LEARNING OUTCOMES

After successfully completing the programs, students will have:

- Been provided age-appropriate instruction emphasizing sportsmanship and healthy competition.
- Improved their physical abilities (i.e., speed and agility) of movement for on the field or court play.
- Learned or enhanced their basic skills (i.e., dribbling or shooting) based on the program’s focus.
- Increased sports IQ
- Learned teamwork to achieve a goal.

### REQUIREMENTS

Team equipment will be provided by i9 Sports of Frederick County, this includes but not limited to.

- Basketball and Soccer balls
- Cones and Agility equipment

Personal equipment must be provided by the parents.

- Tennis Shoes
- Shin Guards

### **COURSE STRUCTURE**

Each session is four weeks. Each week will focus on a particular skill based on the program's focus.

	<b>Basketball Clinics</b>	<b>Athletic Development</b>	<b>Soccer Clinics</b>
Week 1	Dribbling and Passing	Change of Direction	Dribbling
Week 2	Shooting	Footwork and Endurance	Passing and Shooting
Week 3	Rebounding and Defense	Performance Enhancement	Defense
Week 4	Scrimmages	Competition Day	Scrimmages