

JAYPEE PUBLIC SCHOOL NOIDA

BASKET-BALL WORKSHOP 2016

JPS, Noida has organized basketball workshop today, for the students of classes VIII to XI.

Resource person of the workshop was Ms. Natlia Andre (Coach Jr. NBA) and Ms. Pavitra (Assistant coach Jr. NBA, India)

Ms. Natalia Andre is from Portugal and has been playing basketball from last 20 years in Portugal women's league; she has also played for Portuguese and Cape Verde National Team.

I am feeling very proud to share that ours students were taking great interest during workshop and session was full of fun and skill knowledge.

Skills covered during session:-

- General and Specific warming up exercises
- Foot tapping with or without ball
- Dribbling on the spot, with movement, side to side, low& high with guarding hand
- Jump –Stop and Pivot
- Shooting form

Jr. NBA workshops are helping us alot in providing a platform for positive basketball learning experience to our students and familiarizing them with the coaching staff and current international players of NBA.

REGARDS

HIMANSHI KUMAR

(PET)JPS, NOIDA