

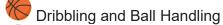
The **Chinese School Youth Basketball** program has been running since 2018 and is open to boys and girls aged 9 and older. In the past, younger children have also participated and had a great time! For young athletes, we focus on teaching proper techniques and the fundamentals of the following skills:













Triple Threat Position and Pivoting



Basic Screening and Cutting



Rebounding

Basic Post Moves

Our emphasis is on building a strong foundation through drills and scrimmages, with a focus on fair play, sportsmanship, and, most importantly, having FUN!

Instructors:

Young Xu: An 11th grader at Guilderland High School. Austin Cao: An 11th grader at Shaker High School.

Young and Austin have been playing basketball since 3rd grade and both were part of their school's JV basketball teams during the 2023-2024 school year. They served as Youth Basketball Teaching Assistants at Chinese School in 2021 and have been instructors there since 2022.

School Website Course Link: https://registration.albanychineseschool.org/albany/node/5845