










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:

-  Layups
-  Shooting
-  Free Throws
-  Passing
-  Dribbling and Ball Handling
-  Jump Stops
-  Triple Threat Position and Pivoting
-  Jab Steps
-  Basic Screening and Cutting
-  Defense
-  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>