

# Han Chiang High School Basketball Club 篮球学会



Coach: Mr. Tan Chee Wan

Teacher Advisor:

王嘉伦师 Mr. Ong Kah Loon

吴亦凯师 Mr. Goh Yi Kai

Cocu Time and Date:

Every Tuesday

Physical: 2.35pm to 4.15pm

Online: 4pm to 5pm



## 宗旨:

- 者重纪律, 自律
- 强调团队, 配合
- 突破自我, 自我定位
- 加强体魄, 技术

## Learning Objective:

- To Emphasize Self-discipline
- To Emphasize Teamwork and Cooperation
- To Breakthrough and Position Yourself
- To Strengthen Physique and Technique

# Activities

## 例常活动

- Basic Warmup Course
- Basic Basketball Moves and Techniques Course
- Basic Basketball Positioning Course
- Team Building
- Friendly 5v5 Matches
- Friendly 3v3 Matches
- Competitive 5v5 Matches
- Competitive 3v3 Matches



“ Everybody has Talent, but Ability Takes Hard Work”

~ Michael Jordan