

# ALL 5

BASKETBALL SKILLS

*Dream big  
Play hard  
Lead the team*

Basketball is a fun combination of athleticism and skill. It's also a truly team sport, with ALL 5 players playing together on offence and defence.

To advance in this global sport, great basketball players develop great individual skill and great understanding of how to play team basketball.



## All 5 players need All 5 Big Skills

Score | Pass | Rebound | Defend | Ball Handle

ALL 5 helps kids become great basketball players, with expert coaching for kids of all abilities. Our program provides individually tailored plans to help players develop:



ALL 5  
Big Skills



Understanding and  
love of the game



Confidence to  
pursue dreams



Players: Boys and girls, ages 8 to 17

Format: 10 weekly 1 hour sessions focussing on the Big 5 Skills plus a program of drills and games for players to play at home

Price: £30 per session. An initial trial session can be booked as a trial

Location: Kings College Wimbledon, Harris Academy Wimbledon

To book: Please email [booking@all5basketball.com](mailto:booking@all5basketball.com)

[all5basketball.com](http://all5basketball.com)



Coach Dave Frye, a Level 2 qualified Basketball England coach, has a wealth of basketball knowledge and experience. He played varsity basketball in High School and University in the US and is the basketball coach at St. Mary's Primary School in Wimbledon and of the U12/10 Cheam Chargers club teams. High energy and always positive, Dave helps kids build confidence, drive and determination to be the best they can be.

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Price: £15 per session for St Mary's students and alumni. An initial trial session can be booked as a trial

Location: Kings College Wimbledon or other Wimbledon area sports halls to be announced

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- Time and place: Saturday afternoons, sports halls in the Wimbledon area
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# ALL 5

BASKETBALL PARTIES

*Great fun for  
kids and adults  
of any age!*

ALL 5 makes basketball parties fun, memorable and easy.



We can book the venue or come to a venue you book.

With a wide range of fun games to choose from, one or two hours fly by.

Guests come away with a nice post-exercise glow and plenty to talk and laugh about over food, drinks and cake!

The guest of honour chooses from a selection of fun games, for example:

**Matches** Full court or half court matches  
Fun continual-team rotation formats  
1-on-1, 2-on-2 or 3-on 3 tournaments

**Games** 3 point (or age equivalent) shooting contest  
Dunk (or lay-up!) contest  
Dribbling and passing relay races  
Knock Out (make a shot before the next player does and knocks you out!)  
H-O-R-S-E or P-I-G



Players: Boys and girls, ages 6 and up

Numbers: Up to 12 players. Please contact ALL 5 to discuss larger parties

Price: £150 for 1 hour or £200 for 2 hours + venue hire cost

Location: ALL 5 can book a venue or come to a venue you book

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## SCHOOL BASKETBALL CLUB

Confidence  
Teamwork  
Fun

Basketball is a fun, fast-paced team sport whose popularity is growing by leaps and bounds in the UK.

ALL 5 helps kids learn basketball the right way, offering morning clubs at school before class. Primary School (Years 2 to 6) and Secondary School, for girls and boys.



As part of our school club offering, we also organise friendly basketball games with other schools to give kids the thrill of competing in front of cheering parents!

*Coach Dave's positive, high-energy approach builds the children's confidence and excites them to play and, just as importantly, fosters teamwork and a love of sport. Basketball is far and away our most popular club; I could not recommend Coach Dave more highly.*

David McCabe  
Head Teacher, St. Mary's Catholic Primary School in Wimbledon

ALL 5 helps kids develop:



Basketball  
Skills



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Players: Boys and girls, years 2 and up, primary and secondary school

Time: 7:45 – 8:30 AM

Location: School premises. Can be indoor or outdoor

Price: £8 per child per session

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