



NIKE聖誕籃球營2019 - 南華體育會

NIKE CHRISTMAS BASKETBALL CAMPS 2019 - SCAA

南華體育會 South China Athletic Association (SCAA)

銅鑼灣加路連山道88號體育中心(高座)11樓

11/F, Sports Complex (High Block), 88 Caroline Hill Road, Causeway Bay, Hong Kong

報名熱線 REGISTRATION HOTLINE 2577 5367

報名地點 REGISTRATION 南華體育會會員部 Members' Section, SCAA

*參加者必須成為南華體育會會員 All Applicants must be SCAA Member

José Javier Terrén Morales (COACH JAVIER)

► NIKE運動營大中華區籃球總監

Director of Basketball, Nike Basketball Camps Greater China

► 國際籃球總會2級籃球教練

Level II Coaching Certification, FIBA

► 前西班牙甲組籃球聯賽薩拉戈薩籃球隊球員

Former ACB Player, Spanish 1st Division of Basketball

日期 DATE	年齡 AGE	時間 TIME	訓練主題 TRAINING TOPIC	費用 FEE	費用包含 FREE PACKAGE
22-24 DEC 2019	HON9ZBCCA 5-7 yrs	09:00-12:00	NIKE籃球啟蒙營 NIKE Basketball Fun Camp	\$2,700 (標準SP) \$1,890 (早鳥EB 30/11前)	NIKE運動營T恤 Tee NIKE運動營籃球 Basketball
	HON9ZBCCB 8-16 yrs	13:00-17:00	NIKE籃球全方位 NIKE Total Skills Camp	\$3,600 (標準SP) \$2,520 (早鳥EB 30/11前)	NIKE運動營證書 Certificate



NIKE 籃球啟蒙營

NIKE Basketball Fun Camp

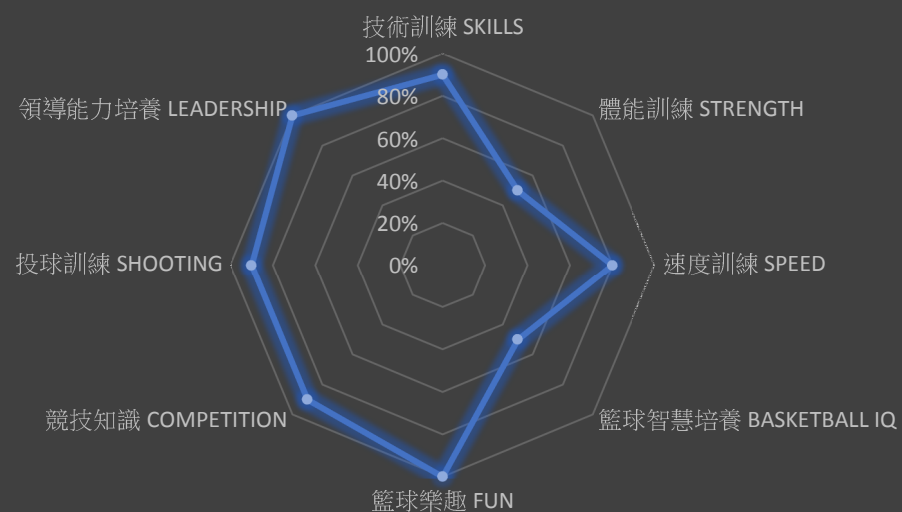
This camp has been designed for those players who want to have fun and wake up their passion for basketball, it suits perfect those ones who just started to play basketball or want to have a little break from high intensity practices.

此訓練營旨在讓學員感受到籃球的樂趣，激發學員對於籃球的熱愛，適用於初次接觸籃球或掌握基本籃球基礎的學員，以及想感受輕鬆籃球氣氛的學員。

CAMP FOCUS 訓練針對比例	技術訓練	體能訓練	速度訓練	籃球智慧培養	籃球樂趣	競技知識	投球訓練	領導能力培養
	SKILLS	STRENGTH	SPEED	BASKETBALL IQ	FUN	COMPETITION	SHOOTING	LEADERSHIP
	90%	50%	80%	50%	100%	90%	90%	100%

NIKE籃球啟蒙營

NIKE Basketball Fun Camp





NIKE 籃球全方位

NIKE Total Skills Camp

This camp has been designed with the objective of increase the level of the fundamental basketball skills: Dribbling, pass, shooting, footwork and 1x1 competition will be the main aspects to work. Be ready to be the MVP of the court

此訓練營旨在幫助學員學習並深化籃球技巧的提升，包括運球 / 傳球 / 投籃 / 步法移動 / 1 對 1 攻防，幫助成為技巧全面的 MVP。

CAMP FOCUS 訓練針對比例	技術訓練 SKILLS	體能訓練 STRENGTH	速度訓練 SPEED	籃球智慧培養 BASKETBALL IQ	籃球樂趣 FUN	競技知識 COMPETITION	投球訓練 SHOOTING	領導能力培養 LEADERSHIP
	100%	80%	80%	60%	90%	80%	90%	100%

NIKE籃球全方位 NIKE Total Skills Camp

