Bakersfield College Offering Basketball Academy

If you’re serious about your game, this is where you need to be!

Bakersfield College is now offering a “Basketball Academy” in which boys and girls from ages 9 to 18 can learn and perfect their skills on the basketball court. Each session will begin at 10:00 a.m. and run until 1:00 p.m. in the Bakersfield College Gym.

There will be four sessions, and the cost is $20.00 per session, make checks payable to Bakersfield College Women’s Basketball. Registration will begin at 9:30 a.m. each Saturday. Visitors can park around the pool or in the student parking lot by the football practice field. Registration will be inside the Southwest doors of the gym. If you would like to pre-register, text or email Coach Paula Dahl at 661-203-2122 or pdahl@bakersfieldcollege.edu.

Growing Your Game Series

Each day of the series will target difference skills and techniques. The following will be covered on these days:

Saturday, April 7th
- Footwork, agility, balance, creating a quick shot, increased shot percentage, and post work.

Saturday, April 14th
- Ball handling, passing, rebounding, seeing the floor and creating an offense.

Saturday, April 21st
- Defense – defending one on one, taking charges, understanding help defense and screen.

Saturday, April 28th
- The complete game, mental, physical, goal setting, team defense and team offense.

Bakersfield College offers a rigorous and supportive learning environment that fosters students’ abilities to think critically, communicate effectively, and demonstrate competencies and skills in order to engage productively in their communities and the world, while simultaneously contributing to the intellectual, cultural, and economic vitality of the communities it serves.

###