



**CSS**  
Centre for Sports Science  
*Crafting Sports Through Science*



**RESIDENTIAL**

**ROUND THE  
YEAR COACHING  
ACADEMY**

**INTENSIVE  
TRAINING CAMP**

**10<sup>TH</sup> TO 20<sup>TH</sup>  
OCTOBER 2018  
WITH NCAA COACHES**

VENUE

**CSS, SRMC & RI, CHENNAI**

**COACH**



Steve Briggs - Houston USA

**COACH**



Teona Campbell - Youth Development  
Coach L A Clippers (NBA)

**COACH**



C V Sunny, former Indian team  
Captain and Coach.

## WHAT YOU GET

**10 day  
Residential Camp**

**Top Rated  
Coaches**

**Fitness &  
Swimming  
Pool facility**

**AC Deluxe  
Accommodation**

**Sports Science  
Assessment**

**Fine  
Quality food**



**ONE STOP SHOP  
SCIENTIFIC BASKET BALL  
COACHING**

**BASICS**

**ADVANCED SKILLS**





## ABOUT CSS

Centre for Sports Science (CSS), a premier Sports Medicine facility is equipped with state of the art 3D Biomechanics lab, Exercise Physiology labs, High Performance Centre, Indoor Multipurpose Sports Arena and a world class Fitness Centre.

CSS has partnered with CV Sunny's Basket Ball Academy to nurture young Basket Ball talent with scientific training to their coaching.

## CSS provides

- Indoor Basket Ball court
- Sports medicine screening
- Musculoskeletal and High Performance fitness assessment & training
- Sports Podiatry assessment and custom designed insoles
- 3D Biomechanics
- Sports Psychology assessment
- Sports Nutrition assessment
- Physiotherapy and rehabilitation
- Exercise Physiology

## ABOUT CVSBA

- Training by FIBA & CVSBA Certified Coaches
- Training involves fitness & fundamentals, technical drills, match play & video analysis
- Camps for all age groups – Mini, Youth & Junior levels
- Opportunity to participate in academy tournaments

## WHAT YOU'LL LEARN

- **Fitness Physical Development**
- **BasketBall Fundamentals**
- **Mental Skills**
- **Game Essentials**
- **Specific Skills**
- **Match Strategy**

## BE THE BEST IN BASKET BALL

**Mini** - Under - 13

**Junior** - Under - 16

**Senior** - Under - 19

## PROGRAMS

### BASIC SKILLS SESSION

**3 Sessions in a week**

Per day 1 hour

### ADVANCE SESSION

**4 Sessions in a week**

Per day 1 hour

### WEEKEND SESSION

**3 Sessions Sat, Sun**

Per session 1 hour



### Centre for Sports Science

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