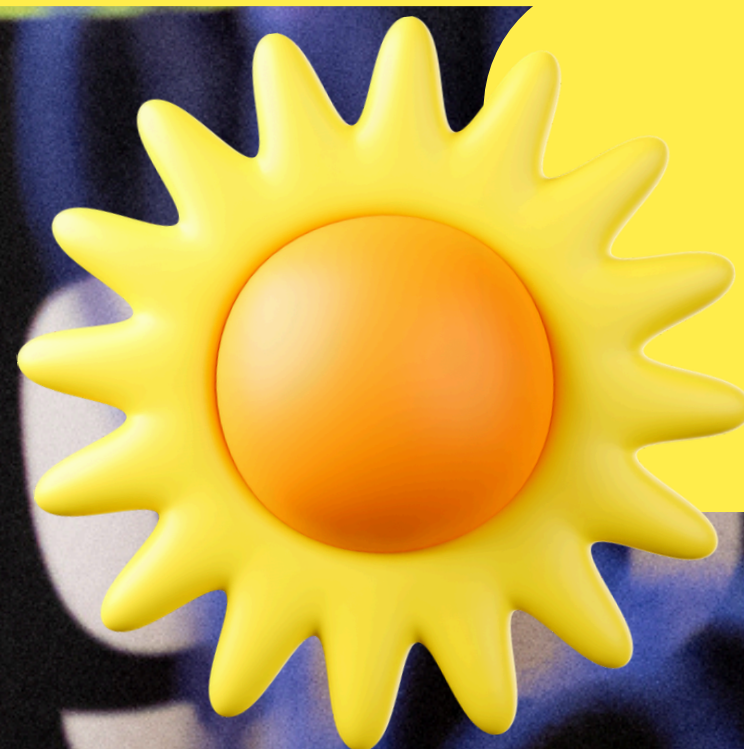




Green & Grind Sports Academy  
綠適動力運動學院

# Summer Basketball Class 暑期籃球班

Conducted in English  
英語授課



2026

  @greenandgrind



## Kowloon Bay 九龍灣

Kellett School  
啟歷學校

### Triple-Fun Basketball Camp 三重樂趣籃球夏令營

A half-day of high-energy camp with triple the FUN -- basketball FUN + fitness FUN + competition FUN! Perfect for kids who wants to break a sweat and meet some new friends over summer.

半天高能量夏令營，為孩子帶來 3 倍樂趣 —— 集合籃球樂趣 + 體能鍛鍊 + 精彩比賽！比小朋友在暑假盡情流汗、結識新朋友。

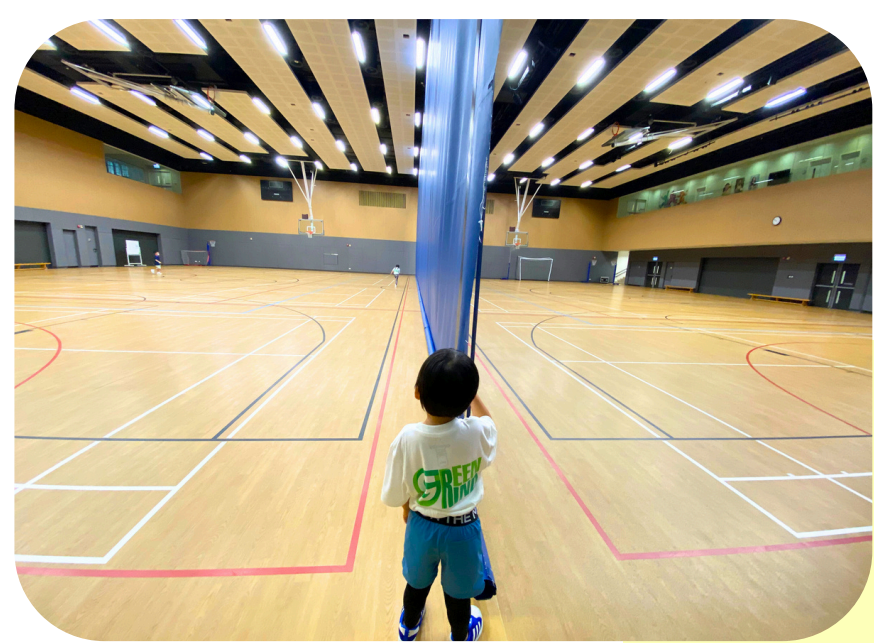
Code 編號	Age 年齡	Time 時間	Session 堂數	Fee 費用	Level 程度	Date 日期
IC-W1	6-11	9:00-12:00	5	\$3,500	Beginner 初階	(7月) JUL 6, 7, 8, 9, 10
IC-W2	6-11	9:00-12:00	5	\$3,500	Beginner 初階	(7月) JUL 13, 14, 15, 16, 17
IC-W3	6-11	9:00-12:00	5	\$3,500	Beginner 初階	(7月) JUL 20, 21, 22, 23, 24
IC-W4	6-11	9:00-12:00	5	\$3,500	Beginner 初階	(7月) JUL 27, 28, 29, 30, 31

**Per session – Drop-in (3 hours) 單次 (3小時)** **\$800**

**Package (5 sessions x 3 hours) 套票 (5堂 x 3小時)** **\$3,500**

#### Schedule

Time	Duration	Mon	Tue	Wed	Thu	Fri
9:00–9:15	15 min	Arrival & Warm-Up Games				
9:15–10:00	45 min	Basketball Skill				
		Dribbling	Passing	Shooting	Defense	Rebound
10:00–10:45	45 min	Fitness/ Running Games				
10:45–11:30	45 min	Fun Group Games				
11:30–11:50	20 min	Mini Basketball Scrimmage				
11:50–12:00	10 min	Cool-down & Debrief				



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### Advanced Skill Camp 進階技術特訓營


A 2-hour intensive skill camp for experienced players only. Players will immerse themselves in our weekly training focus, daily block training, scenario training, and small-sided games.


Expect a lot of grind—but also expect significant skill acquisition, elevated basketball IQ, and boosted confidence.

兩小時密集式特訓，專為有經驗的球員而設。學員將全力投入每週核心課題，涵蓋技術特訓、情境模擬及小組對抗賽。

用汗水換取技術的突破、籃球智商的提升及自信心的蛻變！

Code 編號	Age 年齡	Time 時間	Session 堂數	Fee 費用	Level 程度	Date 日期
SC1-W1	8-17	13:00-15:00	5	\$2,600	Skill Training 技術訓練	(7月) JUL 6, 7, 8, 9, 10
SC1-W2	8-17	13:00-15:00	5	\$2,600	Skill Training 技術訓練	(7月) JUL 13, 14, 15, 16, 17
SC1-W3	8-17	13:00-15:00	5	\$2,600	Skill Training 技術訓練	(7月) JUL 20, 21, 22, 23, 24
SC1-W4	8-17	13:00-15:00	5	\$2,600	Skill Training 技術訓練	(7月) JUL 27, 28, 29, 30, 31

 Per session – Drop-in  
(2 hours)  
單次 (2小時) **\$600**

 Package  
(5 sessions x 2 hours)  
套票 (5堂 x 2小時) **\$2,600**

#### Schedule



Time	Duration	Activities			
13:00–13:15	15 min	Arrival & Warm-Up			
13:15–13:45	30 min	Basketball Skill Training			
		Week 1 Dribbling	Week 2 Shooting	Week 3 Finishing	Week 4 Defense
13:45–14:15	30 min	Scenario Training			
14:15–14:45	30 min	Small-Sided Games			
14:45–15:00	15 min	Physical Training			