

# BASKETBALL



Basketball is the only major sport strictly of U.S. origin. The National Basketball Association (NBA) is the most significant professional basketball league in the world. The FIBA Basketball World Cup and Olympic Basketball cup are popular. In India, the game of basketball started its journey in 1930. The Basketball Federation of India (BFI) controls the game. Basketball has a significant place in India's sporting ecosystem with huge fanbase in the country, whether village or city.

Basketball builds stamina from the short sprints required of running up and down the length of the court. Basketball movements, such as jumping to take a shot or to grab a rebound build muscular endurance.

**SIMATS** basketball is committed to the development of basketball for both boys and girls with all levels of experience, beginners, experienced, pro, recreational players, serious players etc. We believe that a combination of instruction, player development and top-level competition promotes their potential.

We provide a positive atmosphere and teach NBA way of shooting, we do the NBA skill sets where students learn the basic power fundamentals of the game: dribbling, passing, shooting, rebounding, foul shooting, defending, conditioning, role-playing through muscle memory and the mental approach of the game. After mastery of basketball skills we place significantly more focus on team concepts and competition. The main focus is not only skill development and but also physical preparation.

## **What we provide**

### **Concrete basketball court -2Nos**

- Strength and conditioning sessions
- Tactics and match analysis
- Bio mechanic corrections
- Video analysis
- Sports physician, dietitian, physiotherapist consultation
- 24 \* 7 medical support in 1000 bedded hospital and Ambulance
- 20 multi-cuisine restaurants at affordable cost
- RO drinking water facility
- Non polluted, oxygenated environment and hygienic rest rooms
- Open to public and other colleges and schools

## **Level of Tournaments**

Inter collegiate, south zone, All India university tournaments, corporate, academies and clubs. Project tournaments conducted by physical Education students