

Eskilstuna Future Girl/Women's Page

Development team

From U14 year (24/25 is the born in 2011)

Exercise 4 Times/week

Demanding law rules

80% attendance

fit times. EB Time will be introduced means 15 min before the appointed time

Registration well in advance of whether one comes or not

If you don't exercise ?? Why not

Plan their time school work, sports and family

The ambition to be good, want to develop

Talk we do before and after exercise if it is not included in the drill

Strong parental support

Phones are suspended from 15 min before exercise

players can be moved to exercise unless rules are followed

Series game

East Swedish

Stockholm/Region

Swedish Championship

Eskilstuna Basket Cup

Developed into a nationally good player

Physical, diet and sleep should be prioritized by players

Functioning technology in the next level

Focus on their sport and school

Leads/referee/functionary education

If not enough players go together with the team before or after

Exercise /Funteam

From U14 year (24/25 is the born in 2011)

Exercise 2 times/week

Play because it's funny

Parents do not need to get involved as much

same teams in East Swedish league

Eskilstuna Basket Cup

Training games

receives basketball leadership education

referee education

functionary education

Volunteer try on week during holidays (sports holidays, Christmas holidays, etc.) to development team

If not enough players go together with the team before or after

Become a basketball fan and find a lot of like wise friends