

BASKETBALL





Basketball

- PSS Basketball aims to develop student athletes who are disciplined and resilient. This CCA is centered on the development of basketball competencies and character development. Through our vigorous physical trainings and drills, our student athletes develop robust skills and SES competencies. We strive to develop sportsmen holistically – both on the basketball court and in their academics.
- Weekly trainings are held on Mondays and Wednesdays.
- **CCA Achievements:**
 - National School Games (NSG) 'B' Division – Top 8
 - Yishun Secondary School (YSS) Cup 'C' Division – 2nd Place



- Our training programme consists of skills drills such as shooting, dribbling, passing, rebounding and passing drills. Physical trainings are also included to strengthen our players' stamina.
- For players selected for the school team, they are also taught more advanced drills such as team offence, transition and defensive drills.

Reflection by Dillon Ching, Class 3C



“Basketball taught me the importance of teamwork. This CCA also helped me to build my confidence in the sport, allowing me to learn new skills. Together with my teammates, we strive for excellence!”

Dillon Ching, ‘B’ division Captain



Reflection by Kayden Ng, Class 3B

“This CCA taught me many new skills and values such as teamwork, resilience and determination. Through the CCA, I also learnt technical skills such as defending and play marking. I set aside time after every session to reflect and find ways to improve myself so that I can become a better player.”

Kayden Ng, ‘B’ division Vice-captain

