

 **Canterbury Basketball**
ACADEMY

Representative & Development Programme

2018

U13, U15, U17 and U19 Boys and Girls



Introduction

The Canterbury Basketball Academy encapsulates the various facets of the under age development (SDL) and representative programme (Nationals) which will include players from both Canterbury Basketball Association (Metro) & North Canterbury Basketball Association (NCBA). Metro & NCBA, in partnership with the Canterbury Regional Basketball Foundation (Canterbury Basketball Academy) ensure that teams at National and Regional tournaments are the best prepared and coached to proudly represent a “Canterbury Combined” team at Nationals which would be known as Waitaha.

The development and representative programme will give players the best opportunity to become the best player they possibly can. From the representative programme players will have skills to follow multiple pathways including club, school, national under-age teams, Rams & Wildcats, Tall Blacks & Tall Ferns, ANBL & WNBL, US College, and Europe professional leagues. The purpose of the calendar is to integrate school, club and representative programme so decisions can be made that are in the best interest for the players. We have a player’s first philosophy and we strive to have this in the following levels of basketball.

Levels of Basketball:

Level 1: Under 11 – Under 13

Explore

Level 2: Under 15 – Under 19

Learning to Practice/Learning to Compete

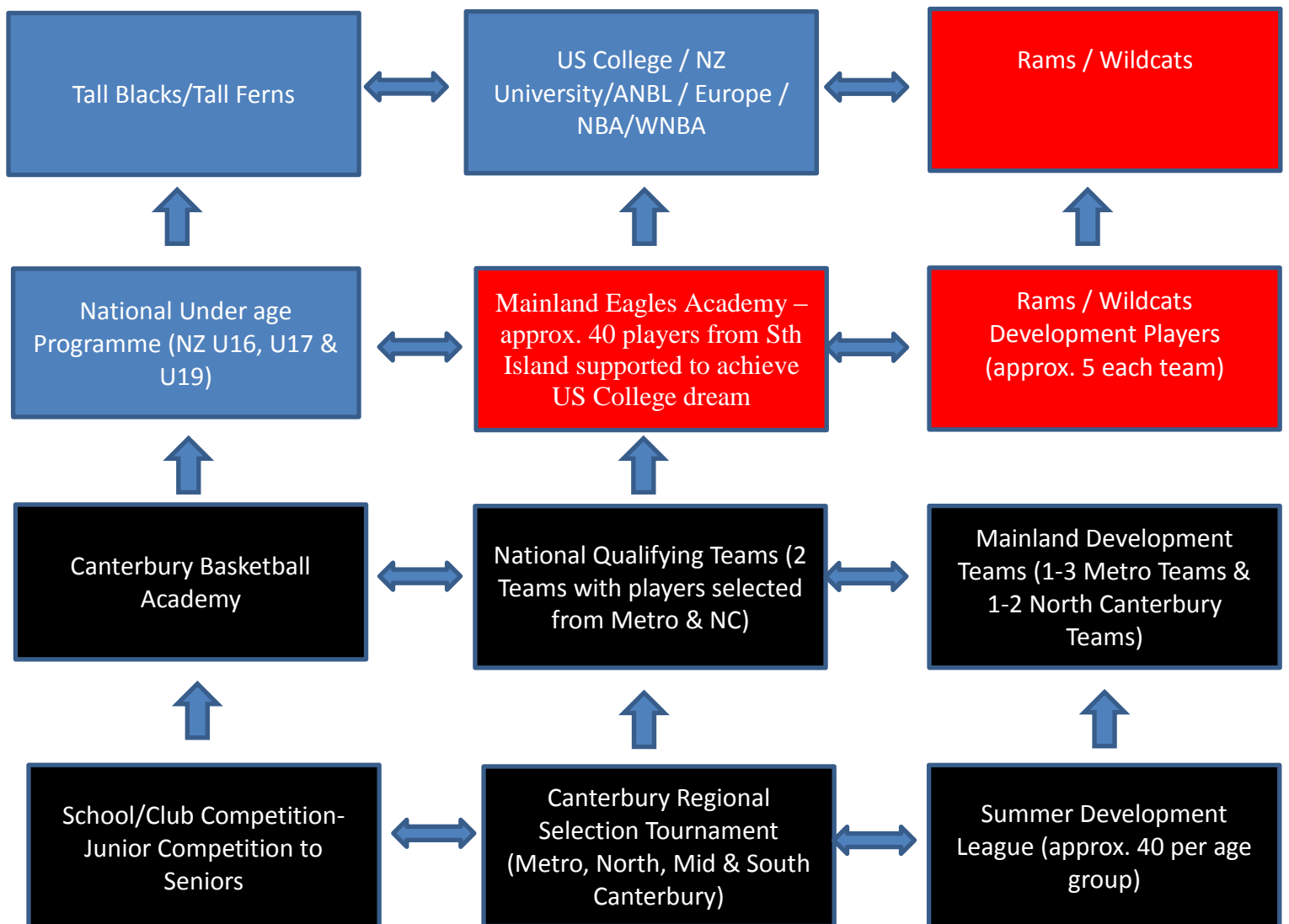
Level 3: 19 and over to Adult

Learning to Excel

Level	Teams	Age Group	Competition
Level 1	<ul style="list-style-type: none"> • Metro (CBA) & North Canterbury Representative teams • Club/School based teams 	U13	<ul style="list-style-type: none"> • BBNZ U13 Southern Regional Championship • U13 Canterbury Regional Tournament • Club Competitions (Pioneer, Bishopdale, Cowles, Wharenui, Selwyn, North Canterbury) & U13 Boys Saturday Club Competition • All Stars • SIPT
Level 2	<ul style="list-style-type: none"> • Metro (CBA) & North Canterbury Representative teams (Selection Tournament & Mainland) • Waitaha (Canterbury Combined) Representative Team (Nationals) • Club/School based teams 	U15, U17, U19	<ul style="list-style-type: none"> • BBNZ U15, U17, U19 Nationals • Mainland Tournaments (U15 & U17) • Club Competitions (U15, U17, U20, U23 Boys & U15, U18, U21 Girls) • McDonalds Thompson & Whelan Trophy
Level 3	<ul style="list-style-type: none"> • Rams & Wildcats • Club/School based teams 	Open	<ul style="list-style-type: none"> • Rams & Wildcats • Club Competitions (U23, Premiers)

Player Pathway

The first step for a player to begin their pathway is to be involved with the School and Club Competition. The Canterbury Basketball Academy includes the Summer Development League which helps prepare players to be selected to represent the Metro or NC representative team at the Selection Tournament. Players not selected in the Summer Development League will be provided with training opportunities from their association (Metro & NC). From the Selection Tournament players can be selected to represent Waitaha (Metro & North) at Nationals. Teams will also be selected to represent Metro or North at the Mainland Tournaments. The Waitaha team at Nationals can lead into the National Under Age Programme and finally the Tall Blacks & Tall Ferns. The other programmes and tournaments support the players development to provide the best opportunities.



Annual Calendar

The calendar is broken into four windows to allow the player to have different emphases throughout the year. The windows help prioritise the player's trainings and allow coaches a context to work in collaboration. The four windows are below:

1. **Camp Window** – Rams & Eagles Camps
2. **Skill Development Window** – Summer Development League (SDL)
3. **Representative Window** – Canterbury Regional Selection Tournament, North Harbour Easter Invitational Tournament, Representative Camp including National Qualifying Games, Queens Birthday Qualifiers Tournament, Mainland Tournament & National Championships,
4. **School window** – Year 9 & 10 South Islands, Secondary School South Island and National School Tournaments

Training Load

Throughout the different windows there will be varying training demands. We particularly want to decrease basketball load during heavy academic periods. With this in mind the 2018 NCEA Exams dates are 7th November – 30th November.

Camp Window – This is the best window for each player to have a 4 week active rest. With the Rams camp only going for 1 week in January, players can focus on playing other sports and general fitness away from basketball.

Skill Development Window – While the players are under the age of 16 it is encouraged that they play multiple sports in the best interest of both physical and social development. The skill development window places an emphasis on summer sport. The basketball that is offered is focused on player development through the Summer Development League (1 training per week). While players are encouraged to be involved with the SDL, this can be adapted based on summer sports commitment.

Representative Window – During this window the focus is on representative practices and games. Majority of the representative practices will take place in a weekend camp setting or on Sundays. During tournament times players may need to discuss with their rep, school & clubs coaches which practices and games take priority. During this period it is recommended for a player to only have 1 -2 school/club practices and 1-2 school/club games per week. This compliments the 1-2 Rep trainings/games per week. As players are involved with multiple teams it is important for the player to lead the discussion with each of their respective coaches on training priorities. Here are some youth training load guidelines the NBA have recently published. <https://youthguidelines.nba.com/>

School Window – The focus shifts to performing for the players respective school teams. School practices & games become the emphasis. During this window we suggest players doing 2-4 school/club practices and 1-2 school/club games per week.

2018 Representative & Development Calendar

Month	February	March	April	May	June	July	August	September	October	November	December	January
School Basketball/Club Basketball	Skill Development			Representative Window			School Window	School Window	Skill Development		Camp	
			*Club Basketball Season begins (April 28th - 15th Sept) *SIPT (April 21st - 23rd)	*McDonalds Thompson & Whelan Trophy begins (8th May)	*Queens Birthday Qualifiers Tournament (June 2nd - 4th) *U19 Nationals (June 2nd - 5th) *Rep Practice (June 10th, 17th, 24th)	*Rep Practice (July 1st, 8th) *U15 Mainlands (July 20th - 22nd) *U17 Mainlands (July 13th - 15th) *U17 Nationals (July 11th - 14th) *U15 Nationals (July 18th - 21st) *U13 Metro & NC Trials (29th July)	*Junior Secondary Schools Premiership (September 1st - 4th)	*Secondary Schools Premiership (September 5th - 8th)	*Secondary School Nationals (October 1st - 6th)			
Representative Basketball			*U19 Waitaha Trials (4th March) *North Harbour Easter Tournament (March 30th - April 2nd) *Metro & NC Rep Trials (April 8th) *Canterbury Regional Selection Tournament (April 14th - 15th)	*Waitaha Rep Camp including National Qualifying Games (May 5th & 6th) *Rep Practices (May 13th, 20th, 27th)					*U13 Regional Tournament (Sept 29th & 30th) *U13 Southern Regional Championship (October 9th - 12th)			
Development Basketball				*U13 Skills Clinic 1 (May 27th)								
	*Summer Development League (Feb 10th - March 24th)		*Eagles Camp (April 16th - 19th) *Rams Camp (April 24th - 27th)	*U13 Skills Clinic 2 (24th June)	*U13 Skills Clinic (1st July) *Rams Camp (July 6th - 9th)				*Rams Camp (October 2nd - 5th) *Eagles Camp (October 10th - 14th) *Summer Development League (October 27th - December 15th)		*Rams Camp (Dec 18th - 21st) *Eagles Camp (Dec 18th - 21st)	*Rams Camp (Jan 14th - 17th) *Eagles Camp (Jan 21st - 24th)

2018 Programme Detail

Tournament Locations

U19 Rep Trials (Waitaha)	Christchurch	March 4th
North Harbour Easter Tournament	North Shore Events Centre	March 30 th – April 2 nd
U15, U17 & U19 Rep Trials (Metro & NC)	Christchurch & Rangiora	April 8th
Canterbury Regional Selection Tournament	Christchurch	April 14 th & 15th
Rep Camp (incl. National Qualifying Games)	Christchurch	May 5 th & 6 th
U13 Skills Clinic 1	Christchurch & Rangiora	May 27th
Queens B'day Qualifiers Tournament	Christchurch	June 2 nd – 4th
U19 National Tournament	North Shore	June 2 nd – 5 th
U13 Skills Clinic 2	Christchurch & Rangiora	June 24 th
U13 Skills Clinic 3	Christchurch & Rangiora	July 1st
U17 National Tournament	Wellington	July 11 th – 14 th
U17 Mainland Tournament	Ashburton	July 13 th – 15th
U15 National Tournament	Auckland	July 18 th – 21 st
U15 Mainland Tournament	Greymouth	July 20 th – 22 nd
U13 Rep Trials (Metro & NC)	Christchurch & Rangiora	July 29 th
U13 Canterbury Regional Tournament	Christchurch	Sept 29 th & 30th
U13 Southern Regional Championship	Invercargill	October 9 th – 11th

Canterbury Basketball Academy

The Canterbury Basketball Academy includes the development (SDL) and representative (Nationals) programme for both players and coaches. Approx. 40 boys and 40 girls from Metro & NC will be selected for the U15, U17 and U19 age groups. The players not selected in the Academy will be recommended to Club Development Programmes / Hoops Academy. The Skill Development window underpins the development and representative programme. The Academy members will have a Summer Development League training with their U14, U16 & U18 (Term 4) age groups once a week leading into their respective U15, U17 & U19 Age Groups in Term 1 the following year.

Representative Programme

The representative programme will begin with open trials on 8th April. The teams selected will play in the Canterbury Regional Selection Tournament. The selection tournament is scheduled at the same time as the U14 BBNZ National Girls Camp, the players who attend the U14 National Girls Camp will be still considered for selection for the Waitaha representative teams. Metro will select 2 – 4 teams and NC will select 1-2 teams to play at the Selection Tournament depending on the depth of players. Metro, NC, Mid Canterbury & South Canterbury teams will be invited to the Selection Tournament. From the Selection Tournament 2 teams will be selected from the Metro & NC teams to represent Waitaha in the National Qualifying games. In the National Qualifying games, the Waitaha representative team (Metro & NC) will compete against Mid Canterbury & South Canterbury for the 2 available spots for Nationals from the Canterbury region. The teams that qualify for nationals will have a preparation tournament over Queens Birthday before heading to Nationals in July.

North Harbour Invitational Easter Tournament

A new initiative for 2017 was sending Canterbury Basketball Academy invitational teams to the North Harbour Easter tournament. Feedback from our coaches found the tournament and competition beneficial for season preparation. The teams selected for the North Harbour Easter Tournament will not be the national tournament teams as the national teams will be selected from the Regional Selection Tournament and will be again reselected after the National Qualifying games.

U13 Programme

Metro & North Canterbury Basketball will send respective U13 teams to the BBNZ Southern Regional Championship. For players not selected will have opportunity to play at U13 Regional Tournament.

Mainland Tournaments

The Mainland Tournaments will be used to send approx. 2-3 teams from Metro and 1-2 team from NC. The tournament will be used for development with the teams competing against other associations from throughout the South Island.

National Tournaments

We will endeavour to qualify 2 teams in each age group of the National tournament. The tournament is for the best players in the country and is used to evaluate players for National team selection. If we qualify 2 teams we may loan the best players from the Mid & South Canterbury for the teams to attend Nationals.

Canterbury Rams Camp

The Canterbury Rams camp is for all players throughout the Canterbury region who are part of the Canterbury Basketball Academy or have represented an association in the Canterbury Region at the National Tournament, Mainland Tournament or Canterbury Selection Tournament.

Costs

The Canterbury Basketball Academy endeavours to provide development opportunities available at an affordable cost. Costs will be determined once known, indicatively the costs are expected to be in line with the 2017 costs:

Canterbury Basketball Academy – SDL	\$120 (Term 1 & 4)
Rams Camp	\$250 (Summer, Term 1, Term 2, Term 3)
Nth Harbour Easter Tournament Invitational	\$875
Mainland Tournaments	\$500
National Tournament (Nth Island)	\$1000
National Tournament (Sth Island)	\$750
U13 Southern Regional Tournament	\$750
U13 Regional Tournament	\$160

Questions contact Caleb Harrison, gm@crbf.org.nz

Financial Assistance

There is a sporting chance fund that players with financial hardships can apply for assistance. This year any player applying for a sporting chance grant will be required to do a component of refereeing or coaching. Please contact the Canterbury Basketball Association for more information. For all Sporting Chance Fund questions, contact:

Paul Duggan, CBA GM, ceo@canterburybasketball.co.nz , 021 520 598

Conclusion

The player first philosophy will develop all round players who can manage their training environment. By integrating the school, club and rep programmes we allow the players to maximise the coaching resources available. The prioritising of windows allows players and coaches to manage the training load appropriately.

Appendix A – Representative Player Profile

- Players Mentality
 - Empowered - Players develop ability to be self-reliant to develop individual skills
 - Game Speed - Work consistently on the fundamentals of passing-dribbling-shooting daily in a competitive environment under pressure
 - Roles - Appreciate the different aspects and roles in the game (everyone does the dirty work)
 - Risk Takers - No fear of failure or losing and to fight to final buzzer
 - Process Orientated - Enjoy training as much or more as a game
 - Inquisitive - Players love to play informal games where the focus is on improving
 - Adaptable - Develop a multi skilled approach to playing
- Players Physical Skills
 - Strength - Stance – Low, Wide, Strong, Dynamic
 - Multi – Directional Speed - First 3 Steps
 - Change of Speed – Sprint...Stop...Sprint
 - Endurance – Be able to sprint foul line to foul line and play in stance from foul line to baseline on multiple possessions
 - Power – Finish off two feet attacking contact
- Player Tactical Skills
 - Be a play maker - Take open shot, drive, and pass opportunities
 - Make Really Big Plays – charges, back tips, loose balls, sprint court & load up
 - Draw a 2nd defender – always be trying to draw a 2nd defender
 - Put pressure on other team – flood baseline in trans O and load up on trans D
 - Penetration – flood to the rim and receiver spots on penetration
 - Read defense – create space for you and team mates...change of pace
 - Ball pressure – understand who you are guarding (shooter/driver)
 - Defensive Spacing – the further your player is from the ball, the closer you are to the ball....help line...get closer to your player the closer the ball gets to your player
- Player Technical Skills
 - Stance – open hips, point the toe, activate core, active hands, vision of ball & player
 - Slide – Sprint – Slide
 - Help – Back to Baseline – See Ball & Player – Stop Ball & Player Penetration
 - Sprint In and Out of Help
 - Stunt & Recover
 - Block out – low & wide stance with 10 fingers to the ceiling – pursue the ball – chin
 - Dribbling – looking to score, improve passing angle, escape pressure – change of speed
 - Passing – on time, on target – left & right hand passer
 - Shooting – 3 point – Mid Range – Rim game – fight for our feet
 - Cutting – Finish cut at the rim...sprint – stop – sprint

Appendix B – Representative Player Selection Criteria

- Representative players will be graded & selected based on the representative player profile
- Players who have a physical disposition (tall/quick) and have mental disposition (capacity to learn) to play basketball will be considered for long term development even if their skill level is below other players
- For selection tournament, even teams will be selected to develop a deep pool of players that allow the best players to go head to head. The teams will be selected through a collaboration of the rep coaches & association representatives.
- For national team selections, the A team will consist of the best 10 players for their age group irrespective of whether they are top age or bottom age. When we have 2 teams qualify for nationals, the B team will consist of predominately bottom age players with player and team development for the following year nationals in mind. Players who are in the top 10 players for the A team but will not receive a lot of court time at the Nationals will be considered to play for the B team if the selection panel (rep coaches & association representatives) decide that it is in the players best development interests to play in the B team (ie better served they play in the B team and play a bigger role than sit on the bench of the A team)
- In respect to the BBNZ loan rules, a player from another association within the Canterbury region maybe loaned to another association if their team did not qualify for nationals. If our team qualifies for nationals, a player (s) from Mid & South Canterbury maybe picked up if they are better than the player (s) available from Canterbury Basketball Association & North Canterbury Basketball. The result of this will be getting the 20 best players from throughout the Canterbury region to their respective national tournament. For this reason teams for nationals will be re-selected post the National Qualifying games.
- The mainland development team selections will include players that the program would like to continue to develop and have potential to play for future Waitaha (Metro & NC) national tournament teams.

Appendix C – Representative Coach Selection Criteria

- To build the best representative program in the country we will need to develop the best coaches, this will allow our players to have the best opportunity for longer term development and playing for our future National teams
- Coaches will be selected by a selection panel including association representatives.
- A coach (1) & manager (1) will be appointed for each Waitaha Representative team qualifying for Nationals (A & B team). Camp coaches will be appointed to help prepare the teams at the training camps but will not travel with the team to the National Qualifying or National Tournaments.
- Appointment of coaches for the Canterbury Selection Tournament & Mainland Tournaments will be done by each association (Metro & NC).
- We select our representative coaches based on the following criteria-
 - Player Centred – does the coach put the needs of the players first and foremost during practice & games? Does the coach build confidence and chose long term player development over short term wins?
 - Team Player – has the coach shown that they are willing to work with other coaches and free to share ideas?
 - Knowledge – does the coach understand the Canterbury Basketball Academy Way of Play and the importance of their role as a care taker for the players in their age group preparing the players for the next age group & coach? Do they have understanding of game strategy and have the ability to make the necessary adjustments?
 - Teacher – is the coach a teacher first? Does the coach take the time to teach the players how to play?
 - Experience – does the coach have relevant experience to coach at the level they are applying for?
 - Motivator – does the coach enhance the players intrinsic motivation through the team environment and coaching approach?
- Representative coaches will have the opportunity for development through a mentoring partnership with the Rams, Wildcats & Association Development Coaches
- All coaches and managers appointed for representative teams will be police vetted

Appendix D– Representative Coach Code of Conduct

1. Respect the rights, dignity and worth of every human being
 - a. Within the context of the activity, treat everyone equally regardless of sex, disability, ethnic origin or religion
2. Ensure the athlete's time spent with you is a positive experience
 - a. All athletes are deserving of equal attention and opportunities
3. Treat each athlete as an individual
 - a. Respect the talent, developmental stage and goals of each athlete
4. Be fair, considerate and honest with athletes
5. Be professional and accept responsibility for your actions
 - a. Display high standards in your language, manner, punctuality, preparation and presentation
 - b. Display control, respect, dignity and professionalism to all involved with the sport – this includes opponents, coaches, officials, administrators, the media, parents and spectators
 - c. Alcohol/Recreational Drugs – cannot be consumed by any coach or manager at any team training, match, accommodation or venue.
 - d. All coaches must be able to transport athletes (and not be under the influence of alcohol and/or drugs) at all times when they are responsible for their player's care. (Includes trainings and tournaments)
 - e. At Tournaments, one of the management team must be supervising and available to the players at all times, and the others must be readily accessible should an incident occur.
6. Make a commitment to providing a quality service to your athletes
 - a. Seek continual improvement through performance appraisal and ongoing coach education
 - b. Provide a training program which is planned and sequential
7. Operate within the rules and spirit of your sport
 - a. The guidelines of national and international bodies governing your sport should be followed.
8. Any physical contact with athletes should be
 - a. Appropriate to the situation
 - b. Necessary for the athlete's skill development
9. Refrain from any form of personal abuse towards your athletes
 - a. This includes verbal, physical and emotional abuse
 - b. Be alert to any forms of abuse directed towards your athletes from other sources while they are in your care
10. Refrain from any form of harassment toward your athletes
 - a. This includes sexual and racial harassment
 - b. You should not only refrain from initiating a relationship with an athlete, but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis for your refusal
11. Provide a safe environment for training and competition
 - a. Ensure equipment and facilities meet safety standards
 - b. Ensure equipment, rules, training and the environment are appropriate for the age and ability of the athletes
12. Show concern and caution toward sick and injured athletes
 - a. Allow further participation in training and competition only when appropriate
 - b. Encourage athletes to seek medical advice when required
 - c. Mainland the same interest and support toward sick and injured athletes

Appendix E– Representative Player Code of Conduct

The following code of conduct and rules have been put in place for the protection of both the players and team management. It is important that parents discuss these with their child prior to signing. Understand and follow the code of behaviour at all times.

1. All players will be the responsibility of the team management for the duration of the tournament. This time will start on departure from Christchurch until arrival back in Christchurch at the conclusion of the tournament. The management team will be fronted by the Team coach/manager who will have the final say on all decisions.
2. Players will remain with the team at all times unless the parents have made prior arrangements with the Manager and Head Coach.
3. Players must be available for the entire tournament
4. Visitors to the team accommodation are welcome, however parents should remember that this is not a holiday and that teamwork applies both on and off the court. There will be set activities planned throughout the tournament so any visits will need to be cleared with the management team first.
5. Drugs, Alcohol and Smoking are strictly prohibited.
6. Vandalism of any type at players accommodation will not be tolerated and should it occur, then player/s responsible will be required to meet replacement/repair costs.
7. Accommodation and ground transport to be maintained in a neat, tidy and clean condition.
8. Players will treat both the management team and fellow team members with respect at all times.
9. As a representative, players agree not to act or take part in any activity that would cause harm or bring disrepute on any team member, team management, the Association or their families.
10. Any social media or item on a digital device that could likely endanger the emotional safety or detrimentally affect the learning environment can be asked to be deleted by team management including asking the player to surrender the digital device on which the item is stored if appropriate.
11. Players and parents agree to abide by any rules set in place by the team management.
12. Misbehaviour of players may result in the player being sent home at their parent's expense.

Appendix F – Coaching Approach

- Coaching Approach
 - Player Centred Practices – the major focus is helping the players improve their skill level. Skill development takes time, teaching, repetition and attention to detail. Use practice to allow each of your players to learn all of the skills necessary to play every position regardless of their height, weight or body type. This player centred approach fills in line with the Sport NZ strategic coaching plan.
 - Teacher – the most important part of coaching is imparting information, knowledge and skill. Understanding the players mentality and history will allow the coach to best approach the teaching process.
 - Competitive & Gamelike- keep the time & score in every drill. While infusing a competitive attitude into practices, make sure everything is done game like. Part of this is demanding game speed. This aspect of the coaching will help prepare your players for life through character and holistic development.
 - Accountability – accept nothing less than the best efforts from your players and yourself. Players love to see coaches who sweat with their players, stay longer after practice to help a player improve or jump into a drill and work with the players.
- Master Plan
 - Skill Development Window – focus on individual skills and basic principles of play that allow for freedom of play. Utilising the dribble drive offense it provides the context for players to develop dribbling, passing & shooting skills as opposed to systems of play that don't allow these skills to emerge. Developing players that can play independent of the system allows players to progress to the next levels (national teams & overseas etc)
 - Rep Window – continue to spend 30% of practice on individual skill development. Principles & style of play can be 70% of practice during this stage of the season. Build on the principles of play that were introduced in the skill window along with specific systems
 - Man Offenses
 - Dribble Drive (U15, U17, U19)
 - Up-Triple-Pick-Zip-Regular-Transition-1 (U17, U19)
 - Man Pack Defense
 - Shell principles, man & ball, pressure the ball (U15, U17, U19)
 - Square stance- push to the outside (U15, U17, U19)
 - Do not get screened, on-ball or off-ball (U17/U19)
 - Communicate (U15, U17, U19)
 - Gang rebound (U15, U17, U19)
 - Front post (U15, U17, U19)

- Off Ball Screen Defense- fight over & curl protector
 - Ball Screen Defense – show & over, trap, squeeze & under, down (U17/U19)
- Zone Offense
 - Screen (U17/U19)
 - High/Low (U17/U19)
 - Loop Flash (U17/U19)
 - Loop Skip (U17/U19)
 - Overload (U19)
 - 1:4 High (U19)
- Zone Defense
 - 2-3 (U17, U19)
 - 1-2-1-1 ½ Court Trap (U15, U17, U19)
- Presses
 - 1-2-1-1 full court (U15, U17, U19)
 - Man to man full court run ‘n jump (U15, U17, U19)
- Baseline Out of Bounds
 - 3(U15, U17, U19)
- Sideline Out of Bounds
 - Head tap (U15, U17, U19)
- Time & Score
 - Fullcourt – Hook & Ladder (U17/U19)
 - Sideline – Last (U17/U19)
 - Sideline – 3 Point (U15/U17/U19)
 - Sideline – Get ball in (U15/U17/U19)
 - ½ Court Set – Three Point (U15/U17/U19)
 - ½ Court Set – 2 Point (U15/U17/U19)
 - How to foul, who to foul on the other team (U17/U19)
- Individual Offensive Drills
 - Shooting Progression (U15/U17/U19)
 - Ballhandling Series (U15/U17/U19)
 - Footwork Series (U15/U17/U19)
 - Paired Passing (U15/U17/U19)
 - 2 Man Outlet Drill (U15/U17/U19)
 - Dribble moves ½ court off chair (U15/U17/U19)
 - Dribble Drive & Pitch Paired Shooting (U17/U19)
 - DHO (dribble hand off) options (U17/U19)
 - PNR (pick & roll) options (U17/U19)

- Individual Defensive Drills
 - Defensive Stance – Step Slide (U15/U17/U19)
 - 1 v 1 Close outs – Top, Wing, Corner (U15/U17/U19)
 - 1 v 1 Post Defense- Front (U15/U17/U19)
 - 1 v 1 Zig Zag Full court (U15/U17/U19)
- Team Defensive Drills
 - 4 on 4 Shell
 - No middle (U15/U17/U19)
 - Jump to the ball (U15/U17/U19)
 - Bump cutter (U15/U17/U19)
 - Front post (U15/U17/U19)
 - Stunt recover (U17/U19)
 - Baseline help & rotate (U17/U19)
 - Ball screen defense – over/show, under/squeeze, switch, down (U17/U19)
 - Off ball screen defense – fight through, trail, curl protector (U17/U19)
 - 2-3 Zone Defense (U17/U19)
 - 1-2-1-1 (U15/U17/U19)
 - Full court man to man (U15/U17/U19)
- Team Offensive Drills
 - Dribble Drive Regular – Dry (U15/U17/U19)
 - Indiana (U15/U17/U19)
 - Kentucky (U15/U17/U19)
 - 3 Man Weaves (U17/U19)
 - 5 Man Weaves (U17/U19)
 - Rabbits 3 on 2 continuous (U15/U17/U19)
 - Rabbits 4 on 3 continuous (U17/U19)
- Rebounding Drills
 - 2 on 2 attack (U15/U17/U19)
 - 3 on 3 triangle (U15/U17/U19)
 - 4 on 4 screen (U17/U19)
 - Box out & transition (U15/U17/U19)

Appendix G – Practice Planning

- Practice plan – There are 11 main areas that show up in games that you can choose to include in your practice
 - Half court offense
 - Transition offense/Pressbreak
 - Half court man to man defense
 - Halfcourt zone defense
 - Full court pressure defense, 1-2-1-1 & man to man
 - Conditioning
 - Rebounding
 - Special Situations (free throws, out of bounds, quick hitter)
 - End of game (stall, come back, trick plays, managing clock fouls)
 - Individual skill development
 - Scrimmaging
- We suggest that you rank the most important facets for your team and take the top three rankings on your list and build your practice plans around these
- Here's a sample 2 hour practice
 - Shooting Progression (5 minutes)
 - Warmup (5 minutes)
 - Individual skill development (20 minutes)
 - Rebounding (5 minutes)
 - Team Offense (10 minutes)
 - Special Situations (10 minutes)
 - Team Defense (10 minutes)
 - Scrimmage (20 minutes)
 - Warmdown (5 minutes)

Appendix H – Skill Progression

- Teaching process
 - Tell them
 - Show them
 - Have them show you
 - Correct the demonstration
 - Go fast enough to make a mistake
- Teaching progression
 - Players learn & develop at different speeds. Through providing appropriate challenges for the players we will build a base of motivated and skill basketball players
 - We prefer to use the whole – part – whole teaching method. We show & practice the skill as whole before breaking it down. This part learning is best done individually and can be done on a side basket while the other players continue practicing. The whole-part- whole method allows for more implicit learning which is shown to be able to transfer to a game better than part learning.
 - We are not looking for perfection of execution but building the foundational athletic and skill traits that will allow for future development, these critical areas include-
 - Speed
 - Stance
 - Defensive Sliding
 - Sprint Starting & Stopping
 - Change of Speed
 - Dribbling & passing with both hands
 - Turning (pivoting) on both feet
 - Shooting
 - Skill progression philosophy – we build from simple to complex. While simplifying the activities our practice design still mimics how the skill will be performed in a game context. We can simplify by taking out the defense or removing team mates. And progressively load the player by increasing the stimuli by adding team mates and defences which increases the perceptual load of the athlete through decision making.
 - Integrating individual & team skills – as the individual skills become more complex so do the team skills so that the individual skills fit the context of the whole (ie footwork series progresses to 2 on 0 drive & pitch shooting, complexity increases with the added team mate & option of passing).

Canterbury Basketball Academy Teaching Hierarchy



The hierarchy reminds us what is the most important in the teaching process beginning with teaching the players the ethos of the Canterbury Way, followed by the offensive & defensive principles, then the commitments/non-negotiables, skills of playing our way & lastly the style. The style of play becomes an outcome of focusing on the pre-required building blocks.

Ethos- Fitness, Aggressiveness, Mental Toughness, Relentless Effort, Intelligence & Teamwork

Principles of Play-

- Offensive – fast pace, freedom, playmakers, attack
- Defensive – ball pressure, stance, vision, communication

Commitments/Non-Negotiables-

- Commitments- We will sprint back & pick the ball up early in transition, We will have tremendous ball pressure, We will be in an open stance pointing at our player & the ball, We will talk close out & contest shots without fouling, We will block out rebound & run, We will play with great pact & push the ball everytime in transition, We will attack the paint playing inside out, We will have great ball movement always making the extra pass, We will have great floor spacing spreading the floor, We will attack the offensive boards.
- Non-Negotiables- Ball Pressure, Box Out, Sprint Baseline to Baseline, Good to Great Shot

Skills- Physical, Mental, Technical & Tactical Skills

Style of Play – Dribble Drive Motion Offence & Pressure Defense