

## Canterbury Basketball - Recommendation for School Aged Basketballers

With the increase in basketball opportunities available for our membership, it is important that we have a clear message on how to make everything fit together.

BBNZ's General Manager of High Performance (Leonard King) recommends a limit of 15 hours a week of sport related practices and games (USA Basketball has similar guidelines) for school aged players.

Assuming a player is in their High School (Tuesday night) team, **we recommend he/she only plays for one club (weekend) team** as well (regardless of involvement, or not, in a Representative Program). The club grade he/she plays in should be the one most beneficial for the player in question's development.

While all three programs are underway, a normal week could look like this:

**School** – One game, One team practice (30-60 minutes on court, two hours practice)

**Club** – One game, One team practice (30-60 minutes on court, two hours practice)

**Representative** – One practice (two hours)

Skill Training – two hours

Weights/Fitness – two hours

**Total = 12 hours (i.e. three hours extra that \*could\* be utilised).**

**Rest Day** – it is important that athletes over the age of 12 have at least one day of rest per week.

It is important to have some flexibility between programs as needed (i.e. when Representative tournaments are on, another team's session could be eliminated for that week). Also important – the fifteen hours recommended covers all sports and athletic undertakings (i.e. if an athlete is doing two sports concurrently, their recommended hours does not double to 30)

This message is wholeheartedly endorsed by the Canterbury Basketball Association, Canterbury Regional Basketball Foundation, Mainland Eagles, and Basketball New Zealand

