



# ATHLETIC DEVELOPMENT PROGRAMME

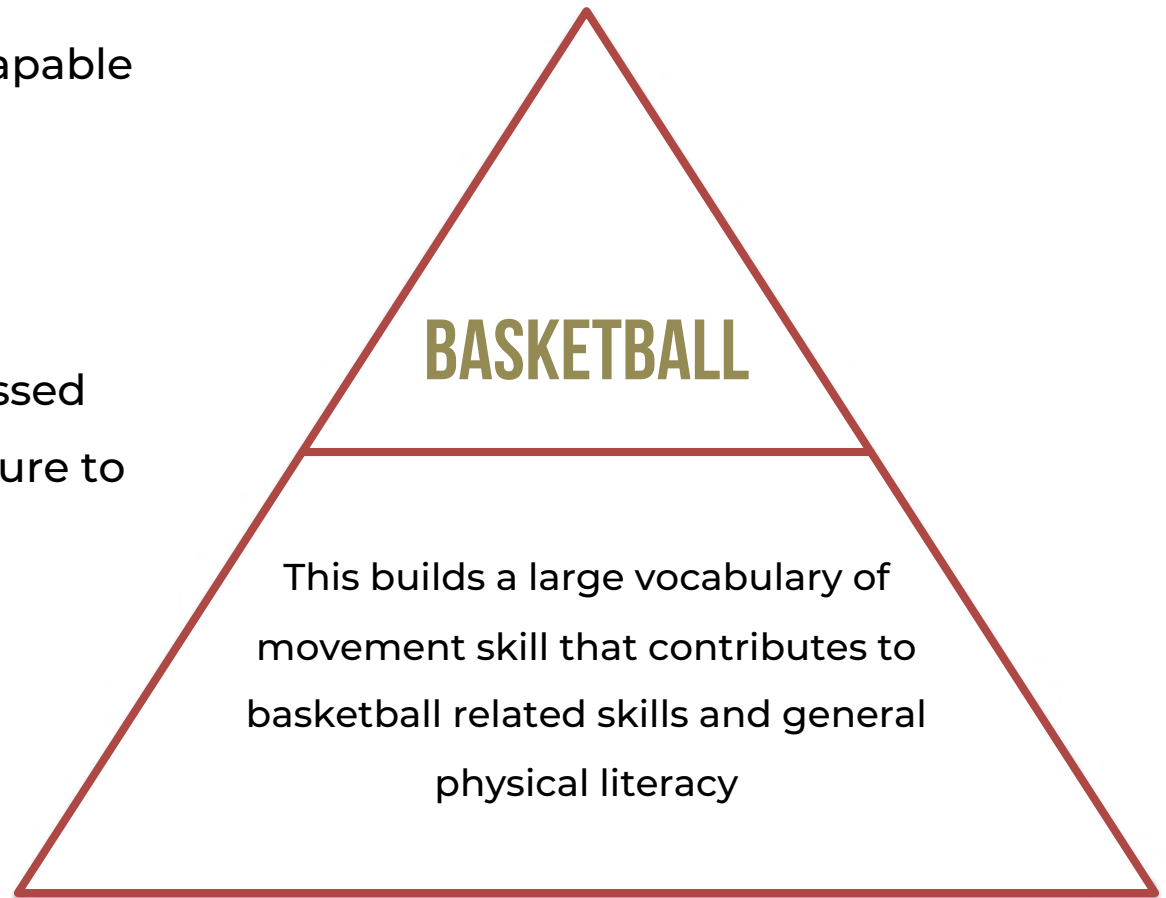
**UNDER 10s**

**#TOGETHERWEAREBASKETBALL**

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# AIM: TO DEVELOP A BROAD BASE OF MOVEMENT

- Young children are capable of an abundance of movements
- This should be harnessed through lots of exposure to diverse movement challenges



# FUNDAMENTAL PRINCIPLES

- FUN
  - CHALLENGING
  - DIVERSE
- 



# MOVEMENT CHALLENGES

- Get Up/Get Down
- Crawl
- Pick Up/Put Down
- Balance
- Navigate (Obstacles)
- Jumping & Landing

[CLICK HERE FOR VIDEO LINK](#)

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# WHEN & HOW MUCH?

- 1-2 times daily
- 20 minutes duration or for as long as the content remains fun\*

\*make every challenge different to the last. Add new rules to a challenge so that it is ever changing



# WANT MORE FUN CONTENT FOR U10s?

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