

SUMMARY OF OUR BASKETBALL DEVELOPMENT MODEL AGES AND STAGES

6-8 girls (6-9 boys)

OBJECTIVE: A CULTURE THAT ENGAGES PLAYERS IN BASKETBALL - 'ENJOYING COMPETING, TRYING TO BE BETTER EVERY DAY'

The focus is on acquisition and development of basic motor skills. Introduction of basic basketball skills: passing, stopping, dribbling, shooting, moving without the ball. Facilities and equipment should be suitable for a fun, informal environment and be suitable for the children, for example adjustable baskets. Smaller spaces can be used as a 'mini court' rather than using the whole court. First experience of coaching should be about developing and encouraging children to enjoy participating and learning about the sport. The concept of an official can be introduced. There should ideally be a comfortable area for parents to sit throughout the session if required, and the opportunity for parents to get involved. At this age there's no formalised national competition, but small games could take place in training.

8-11 girls (9-12 boys)

OBJECTIVE: BASKETBALL IS FUN, NOW IT'S STARTING TO BE A LIFESTYLE FOR YOUNG PLAYERS - 'WHEN BASKETBALL TIME IS FINISHING, EXCITED ABOUT THE NEXT PRACTICE'

The basic skills learnt at 6-8 (6-9) are improved and coordination skills introduced and developed. Group situations with 2-5 players to develop skills and introduce first game experiences. Situational drills and competitive exercises work well. In terms of facilities, basic court markings, whether lines or cones, should be used to define court areas for games, with side lines available. Coaches should be communicating with parents, and working with kids on the '5 Cs' – competence, confidence, connection, character and caring, and creativity. Competition should be locally driven, through primary schools and clubs. Coaches and officials can work together to introduce basic rule structures – offence/defence, contact, double dribble etc.

11-15 girls (12-16 boys) Basic

OBJECTIVE: SUPPORTING PLAYERS TO KEEP ENJOYING BASKETBALL DURING A CHALLENGING TIME, WITH MANY INFLUENCES SUCH AS SCHOOL, FRIENDS, AND BODY CHANGES - 'STARTING INDIVIDUAL PROGRAMS'

Game situations used in training and competition to learn new skills and practice those already learnt. Skills should start to be applied without conscious thoughts in games. Individual and team tactics are developed in both offence and defence, with 5:5 games becoming the norm. Competition is triangular tournament based and there are restrictions on rules (e.g. zone defence, passarelle). Competition can be participation based, with a focus on everyone being involved and enjoying the game,

Enjoying
Participation

Talent
Pathway

Stage 1

or development based, with the focus on basketball learning. Coaching at this age group should use skills guidelines to understand where each player is on their development journey. At this age young people can become involved in officiating, and officials should be putting across awareness of FIBA rules, while officiating in a way appropriate to the age group.

11-15 girls (12-16 boys) Advanced

OBJECTIVE: RECOMMENDING AND ENCOURAGING SELF-TRAINING WITH TARGETS - 'BETTER, FASTER AND WELL ORIENTATED TO THE GAME'

Technical and tactical work needs to be focused on more sophisticated understanding of technique and tactics in advantaged and disadvantaged situations and implementing this in games. Development of physical ability can be more coordinated, through specific fitness training and strength and conditioning work. Facilities are now required that can support a full court game, with multiple baskets for training and competition-standard line markings etc. Competition at the more advanced level needs to happen within a framework that can identify talent – high level competitive opportunities required. Entry therefore needs to be standards driven. Good coaching is vital to get the balance right between technical, tactical and physical, and the focus should be on development. Positional specialisation can also be introduced and coached.

15-18 women (16-18 men)

OBJECTIVE: DEVELOPING INTENSITY, GAME UNDERSTANDING, CAPACITY AND COMPETITIVENESS - 'IT'S TIME TO DEVELOP THE CREATIVITY'

Training volume increases at this age, with specific drills introduced to increase the rate of development, and a focus on positional specialisation. However, an 'all-round' player should still be developed through drills covering multiple skills. Tactical thinking is developed through scenarios during training games, and there should be an introduction of offensive and defensive systems, including combining different systems. Further development of specific fitness, strength and conditioning training can be introduced, including weight training and aerobic endurance. Competition-standard facilities are required, and competition divides into participation, development, and performance at this stage. Young people are taking more responsibility for their own training and development from a psychology perspective. Coaching should support this but also support refinement of positional specialisation, and guide development.

Stage 2

**Stages
3, 4 & 5**

18-23 women (18-25 men)

OBJECTIVE: MAXIMIZE CAPACITIES - 'EMPHASISE PERFORMANCE BUT DO NOT FORGET DEVELOPMENT'

At this stage, players should be analysing their own training and games, and developing their ability to play different positions. Tactics become more sophisticated, with techniques such as adapting to opponents' game styles, and anticipating opponents' moves. Individualised strength and conditioning programmes for performance players help them understand their own bodies and development needs. Beyond competition requirements, facilities should consider spectator seating, specific training equipment and any other requirements for higher level play. Competition continues at participation, development and performance levels, allowing players to play at the level appropriate for their own ability and development. Coaches may be required to provide advice on educational routes and future within the sport as well as game play.

23+ women (25+ men)

OBJECTIVE: PLAYERS UNDERSTAND AND MAXIMISE THEIR OWN CAPABILITIES - 'ADAPTING YOUR OWN GAME TO MAXIMISE YOUR ABILITY'

This is the stage where some players will become professional, and performance players will be playing for senior national teams. Sophisticated technical and tactical nous such as 'signature plays' can be developed, and the player should be driving their own development through things like driving their own strength and conditioning regime. Coaches will need to be confident discussing recovery techniques and sport lifestyle issues. Psychologically, performance players need to be able to demonstrate commitment and understanding how basketball fits into their lifestyle. For those not taking a performance path, this can be a key age for drop out/retention, and so a recreational competitive offer can be really important.

