



Southern Peninsula Basketball Association Junior Sharks Development Guide

“Building the teaching philosophy and culture throughout the SPBA Junior Representative Program”



Document Prepared By:

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The Sharks Culture

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work” – Vince Lombardi

- Holistic development of players & coaches within our program
- Experience based learning & growth as a key element in everything we do
- Long term development outweighs short term success
- Coaching knowledge and experiences will be openly shared throughout our program
- We will develop & progress as a program, moving forward together

“Everything we do within the Southern Peninsula Junior Sharks Program has a long term development focus, it is a journey, and short term gains and successes will not outweigh our long term goals and desired outcomes”

Southern Peninsula Sharks – Director of Coaching & Pathways, Gerard Hillier



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The Foundations of the Program

- **Punctuality**
 - Arrive 30mins prior to games & practice
 - Foam roller, pre-game prep
 - Mentally start to focus on the game/practice
 - Have your water bottles filled and ready to go
- **Two practice sessions per week;**
 - One x 60-90min small group training session (half team)
 - One x 90-120min team session (with another team from age group)
- **Professional presentation – all players & staff in appropriate uniform**
 - Coaches to always be in SPBA Polo/Tee or Hoodie
 - Players to always be in Practice or Playing uniform
 - Players to wear SPBA Tees or Hoodies to and from games
- **Practice plans and overall planning by all coaching staff members**
 - Practice plans to be written prior to the practice session commencing
 - The need to best utilize our time with the players is paramount
 - Constant flow of teaching points/areas, theme your sessions
- **Practice and scrimmage with other Sharks teams, grow together**
- **Share knowledge & resources with each other**

Player Development, Overview

The 4 key elements of player development

1. **Skill Development**
 - a. Fundamental skill sets
 - b. The Six Point Development Package
2. **Concept Development**
 - a. The fast break game
 - b. 2-man & 3-man games
 - c. On-ball game (O&D)
 - d. Off-ball movement & receiver spots
 - e. Transition D roles & responsibilities
 - f. Half court 1v1 containment D
3. **Participation (scrimmage/games)**
 - a. VJBL games
 - b. Tournament games
4. **Off-Court Development**
 - a. Prehab & Rehab
 - b. Game & Practice reflection/evaluation



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Player Skill Set & Concept Development

The six-point development package:

1. **Dribble**
 - a. Both left & right hand
 - b. Change of pace (two gears)
 - c. Retreat dribble
 - d. Alternate moves
 - e. Pound & speed dribble
2. **Pass**
 - a. Chest, Bounce, Pass Fake, Push Pass, Overhead
3. **Pivot**
 - a. Forward/Reverse & Inside/Outside Foot, moves utilizing the pivot
4. **Shoot**
 - a. Finding “your” shot technique and master it
5. **Defend 1v1**
 - a. Close-out, Stance, Bounce, Contain, Contest, Hit Bodies (box out)
6. **Decision Making & Reads (Basketball IQ)**
 - a. 1v1 play
 - b. 2v1 play
 - c. 2v2 play
 - d. 3v2 play
 - e. 3v3 play

Areas of Emphasis

Skill & Technical

1. Footwork
2. Finishing/Layups (contested finishing)
3. Shot Technique & Development
4. Defensive Stance & Movement
5. Transition Offense & Defense

Cultural

1. Practice Intensity
2. Commitment to Sharks
3. Punctuality, Uniform & Presentation
4. Prehab & Rehab
5. Feedback, Provide & Receive



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Junior Sharks Commitment Overview

Weekly Practice Schedule:

The below is an overview of the “*Sharks Weekly Practice Plan*”, which covers our U12, U14, U16, & U18 programs:

Junior Sharks Program – Team Practice Sessions:

- 1 x 60min small group session (half team) – Individual skill set development focus
- 1 x 90min team session (full team) – System of Play/Concept development focus

All MUVJBL Games – Experience Based Learning (rotating benches):

- 1 x 60min MUVJBL Game (weekly games, home & away schedule)

Note: rotating benches means exactly that, rotate the bench and get all players some meaningful minutes, it's a development over winning mentality.

Note II: The coach reserves the right to restrict a player's court time if the player has not met all training requirements; or for disciplinary reasons.

Selected High Performance Athletes – Additional Training Sessions:

- 1 x 90min BVC HP session (if selected) – **Conducted by BVC HP Staff**
- 1 x 120min Senior Sharks session (if selected) – **Conducted by Senior Coaches**

Note: All High-Performance athletes must work in consultation with the SPBA Director of Coaching & Pathways regarding their weekly workload management; this is not the responsibility of the athletes MUVJBL coach. The SPBA Director of Coaching & Pathways will keep all relevant coaches informed of workload management and weekly commitment changes for each High-Performance athlete.

VJBL Junior Sharks Teams

- U10 Boys & Girls: 1-2 teams per gender (Future Sharks Program)
- U12 Boys & Girls: 2-3 teams per gender (3rd teams based on numbers)
- U14 Boys & Girls: 2-3 teams per gender (3rd teams based on numbers)
- U16 Boys & Girls: 2-3 teams per gender (3rd teams based on numbers)
- U18 Boys & Girls: 1-2 teams per gender (2nd teams based on numbers)
- U21 Boys & Girls: 1 team per gender (providing adequate numbers)

Note: All Sharks U10, U12, U14, U16, U18, & U21's players must register and be active members within the SPBA Domestic Competition, Hig- Performance Athlete exemptions may be requested via the SPBA DOC&P, Gerard Hillier.



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Periodization Policy:

The Southern Peninsula Basketball Association is committed to reducing player & coach workloads in order to avoid burnout, we acknowledge the length of the VJBL season and also appreciate that selected players will also have additional High Performance commitments.

Therefore, we have implemented the below periodization chart for all players & coaches to follow:

October – Complete competition rest period

November – Reduced competition period, no additional games or tournaments

December – Reduced competition period, no additional games or tournaments

January – Complete competition rest period – 1st teams only

February – Reduced competition period, no additional games or tournaments

March – Competition phase, maximum of two (2) games per week/per player

April – Competition phase, maximum of two (2) games per week/per player

May – Competition phase, maximum of two (2) games per week/per player

June – Competition phase, maximum of two (2) games per week/per player

July – Competition phase, maximum of two (2) games per week/per player

August – Competition phase, maximum of two (2) games per week/per player

September – Complete competition rest period, once VJBL finals conclude

Complete competition rest period = No official games or tournaments, we will use this time to focus on skill set & concept development, in addition to athlete recovery programs.

Reduced competition period = Only playing required VJBL or Big V games, as well as compulsory club tournaments, no additional or unnecessary games to be played.

There will be times when players have tournaments in their weekly schedules, which would take them well over the weekly games per week limit, for example:

“Player A has a VJBL game on Friday night, and then has the Basketball Victoria Country Champs over the weekend, which would take the player well over the weekly limit for games played. In this case, Player A’s team would need to review their weekly training loads the two weeks leading up to the tournament, and also to two weeks following the tournament, to best assist the player in avoiding overload and burnout during that period”



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There will also be cases where some High-Performance players will have to prioritize their weekly schedule, for example:

“Player B has a MUVJBL game on Friday night, a Big V game on Saturday night, and a State practice game on Sunday, which would be 3 games for that week. In this case, Player B would need to contact the Sharks Director of Coaching & Pathways to review and prioritise their schedule to bring their weekly workload back down to 2 games”

Junior Sharks Tournaments:

Please find below the list of tournaments for our Junior Sharks Program.

1. Southern Pen Tournament (November) – All Age Groups – All Teams
2. Eltham/Dandenong Tournament (January) – All Age Groups – 2nd & 3rd Teams

Note: All 1st teams will have a 1 Day Training Camp at Dromana on the Australia Day Long-Weekend, times & date TBC

Victoria Country Championships:

1. U12's (April) – 1st teams only
2. U14's (April) – 1st teams only
3. U16's (February/March) – 1st teams only
4. U18's (February/March) – 1st teams only

Junior Sharks & Basketball Victoria Country – Pathways

U10's – Aussie Hoops – SPBA Domestic Competition – Future Sharks Program (if selected)

U12's –BVC Skills Day – BVC Jamboree (if selected)

U14's –BVC Skills Day – BVC Academy Program (if selected) – Gold Nugget Camp (if selected) – Southern Cross Challenge or Albury Cup (if selected)

U16's –BVC NITP/NPP Program (if selected) – Southern Cross Challenge or Albury Cup (if selected) – Senior Sharks Program (if selected) – BVC State Program (if selected), Basketball Australia Development Camps/Squads (if Selected)

U18's - BVC SDP/NPP Program (if selected) – Albury Cup (if selected) – Senior Sharks Program (if selected) – BVC State Program (if selected) – Basketball Australia Development Camps/Squads (if Selected)

For any further information please contact the ***Southern Peninsula Basketball Association – Director of Coaching & Pathways, Gerard Hillier via ghillier@sharksbasketball.com.au***



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