



Moreton Bay Suns Basketball - Development Plan 2021

2021 is going to be an exciting year with a lot of Development opportunities being held for our junior players, referees, score-bench officials, and coaches.

2020 threw a spanner in the works with COVID-19 however, despite being shut down and severely limited in what we could as an association and deliver to our very understanding and amazing members, key goals for the association were still reached and now in 2021 I will endeavour to build upon these successes.

MBB has partnered with North Lakes Health Hub. NL Health Hub is the exclusive Allied Health Team for MBB.

They will be working with the Suns' coaches and players in developing Performance Enhancement and Injury Prevention Programs.

Referees will have access to Psychologist programs and professionals as we know the demand and toll on mental health is one of the largest health factors affecting officials today.

The Development Program will involve their team of Physios, Psychologist, Exercise Physiologist and Sports Scientist to improve both the players and officials physical and mental resilience.

Players – Club

- An Events tab has been created on the website and will list all development opportunities for our club members.
- Club Skills Clinics will be held throughout the year for all age groups and players who wish to receive additional training to take their game to the next level.
- Holiday Camps and Clinics – In all school holidays satellite camps and clinics will be conducted in the Moreton Bay Region. This will offer kids the chance to remain healthy and active in all school holiday periods whilst maintaining and improving on their current skill levels. This will also enable Moreton Bay Basketball to grow by attracting new members to join our wonderful Basketball association.
- The girls' program will continue to be developed and girls within the Moreton Bay Region will be targeted to grow the Junior Girls

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competition. With this expansion the aim is to have a separate girl's competition from U11s through to Junior Girls with the end goal being having girls' competitions for all age groups. A League of Their Own has already been implemented to assist in this development.

- We will expand our Aussie Hoops program again “post” COVID in our set locations by offering a weekday session. This is aimed at 5–10-year old's who want to become involved in basketball in a fun and safe way. There will also be pathway opportunities to these kids so they can move from Aussie Hoops to our U11 & U13 competitions as seamlessly as possible.
- Schools will continue to be provided with Moreton Bay Basketball's coaching services to expand our footprint and to introduce basketball to children through the school system who otherwise may not have tried if previously.

Referees:

- Increased mentoring, communication, education, and teamwork with all parties
- Management of referees physical and mental health
- Development of training programs and sessions, to be inclusive of special needs
- Development of Junior Educators
- Work towards increasing female referees
- Recruitment and Development of Shadow and Junior and mature referees.

Coaches:

- There will be two Level 1 Coaching Courses held each year.
- Aspiring coaches will have opportunities to attend QSL Trainings (when advertised as open training sessions).

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- Coaching packages will be handed out to all Rep coaches to keep in their folders which will include the Curriculum to be taught to that specific age group, Season and Training Plan templates amongst other important resources to assist coaches.
- Coaches will have the opportunity and access to leading player clinics. This will give coaches the opportunity to take the lead on sessions. All head coaches and I will be assisting at these clinics.

Score-bench Officials

- Score-bench courses will be run at regular intervals throughout the year by our very own Chris McDonell.
- Ongoing training and support will be provided for Score-bench Officials who wish to progress further and provide score-bench at junior representative levels, QSL and higher.

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