



## Tigers Basketball

We are deeply passionate and committed to player development in the game of basketball (and life). This will allow us to experience the consistent results of competing and developing “championship” habits on and off the court.

### CORE VALUES

The promotion and enhancement of personal development is the primary purpose. Coaches are to promote and model the 5 core values in every team practice, event and game.

The following core values will be taught, promoted and permeate all that we do. With these values in place and highlighted, WBA will not only create better sports people but better people as well.

### **• TEAMWORK • INTEGRITY • COMMITMENT • LEADERSHIP • PERSEVERANCE**

### Willetton Basketball Association – Style of Play

We adopt a controlled but “UPTempo” style of play, meaning the pace of the game is faster on both defence and offence.

Defence = pressure the basketball both on and off the ball, generate steals and create fast break opportunities.

- Pressure - M2M defence to make the offence uncomfortable

Offence = “look after” and “push” the ball at every opportunity, play with control in the half court.

- Transition – push the basketball
- Poise – limit TO’s

**Willetton Player = aggressive, high IQ, and high skill level**

- Versatile – able to use both hands equally
- High energy level
- Able to “read the game”

### **Benefits:**

- Playing proper man to man defence allows the offence to look to attack and score more
- Offence becomes more skilled as they are get used to playing against pressure defence
- Players learn to read the game, they become more intelligent ready for higher level of competition

### **Keys:**

1. Pressure defence basketball system
2. Transition – fast break offence
3. Skill – highly skilled athletes

### **Achieved by:**

- Teaching man to man defence principles in all levels and age groups (Domestic and WABL).
- Ensuring kids are proficient in minimum required basketball skills from WBA Skills Matrix
- Promote Core Values at every opportunity!