



### **Changes to Development Team Program 2019**

In 2019, SA Country will be making significant changes to the Development Team and High Performance program, moving to a State Performance Program Model. This change is based on the feedback from parents, players, SAC High Performance Coaches and Regional Network Coaches and internal review of our programs. In the feedback there were a few recurring themes:

1. Our athletes do not have the necessary skill level and athletic ability to be successful on a National and International stage, and due to time constraints of preparing teams for either the National Championships or Country Cup, Development Team and State Team Coaches have not had the opportunity to adequately prepare our athletes in this area;
2. Weekly NITP sessions create significant logistical challenges for athletes, their families, and coaches. Whilst creating a dynamic training environment in which the best athletes in our state are competing against each other under the guidance of the best state coaches, is essential to develop athletes to this level. The logistical challenges of a program drawn out over a six month period with weekly centralised training has proven to be insurmountable. This is largely due to the geographical challenges we face at SA Country;
3. Athletes don't automatically become more skilled by playing in a development tournament. Whilst these tournaments are great to develop Basketball IQ, mental toughness, ability to handle game situations etc., an athlete's ability to dribble, shoot, pass, and defend will not improve unless specific attention is paid to these areas.

As a result of this feedback and internal review, and in consultation with our State Coaches, Development Team Coaches, and DNSP coaches, we have created the State Performance Program (SPP). Detailed information on the SPP.

### **What are the key changes to last years Development Team program?**

The main change moving to SPP from the Development Team program of the previous years is the training. Previously, each team had six (6) training sessions over two (2) weekends to prepare for the Country Cup (U14, U16, U18) or the Southern Cross Challenge (U15). Time constraints meant that these six (6) sessions had to be spent on preparing the TEAM for the upcoming tournament rather than developing the ATHLETE for long term athlete development. These trainings focused on style of play, offensive and defensive structures, and drills to allow the team to perform better at the tournament.

Under the new SPP model, teams will have eighteen (18) training sessions over six (6) weekends. Six (6) of these training sessions will continue to focus on developing the team, and preparing them to perform at the upcoming tournament, but the other twelve (12) sessions will be used to develop the skills of the athletes selected to be in the program. This will see a drastic improvement in the necessary skills for athletes to be successful on a national and international stage, and will ensure that the overall skill level of SA Country State Teams competing at the National Championships is high enough to allow for ongoing success.

The same coaches that are coaching the athletes at the National Championships, and the Country Cup/Southern Cross Challenge will deliver these trainings. The curriculum for each team will be constructed by the relevant State Team Head Coach and the High Performance Player & Coach Development Officer (HP PCDO). The curriculum will focus on developing the athlete's skills relevant to individual and State Team requirements. As an example, rather than develop an athlete's shooting, there will be an emphasis on developing an athlete's shooting from specific spots on the court, relevant to the State Team structure.

Previously in the Development Team Program, trainings were over two (2) days (Saturday and Sunday). This proved a logistical and financial challenge for athletes, their families, and coaches. This structure of training meant that athletes who lived a long distance from the training location had to pay for accommodation each training weekend. Athletes that lived within a two (2)-hour drive of the training location would generally drive home on the Saturday night and return on the Sunday morning to avoid paying for accommodation. This added significant fuel costs, fatigue to athletes and families, and other costs associated with motor vehicle use.

Under the SPP Model, all three (3) sessions will be on a Saturday. This will significantly reduce the costs for most families (based on over 50% of the athletes living within 2 hours of the training location in 2017). This will provide an opportunity to spend more time with families and better Basketball life balance.

The SPP model will provide athletes with weekly take home work to ensure that they are supported to be the best Basketball players they can be. If there are a large number of SPP athletes in the one Association, they will be encouraged to work together under the guidance of a suitably qualified coach. If this isn't the case, athletes will have flexibility when and where they complete this work. The take home work will be designed to be completed in 45 minutes including warm-up, and videos will be posted to show athletes the key teaching points, a coach will not be required.

The SPP model will include a Strength and Conditioning component to ensure athletes are physically prepared to compete at a high level at National Championships. A professional in the field will be engaged to construct an appropriate program for all SPP athletes. This professional will

demonstrate to the athletes correct form and technique for the exercises and provide a routine for athletes to incorporate into their take home work. Athletes will undertake physical testing at different times throughout the year to monitor the progress of this Strength and Conditioning program.

### **What are the Expectations of the SPP?**

Each athlete who participates in the program will aim to improve the skills required to be an effective Basketball player in the modern game. In 2023, when athletes have been involved in the SPP program from under 14's through to under 18's (if they are selected in the program each year), we will see an improvement in SA Country athletes participating in development tournaments and National Championships resulting in a higher level of skill and a greater basketball IQ. It is important to note that selection is only valid for 12 months, and athletes will be required to trial each year.

### **What is the structure of the SPP?**

Athletes will register to attend open trials. From these trials we will select the following

- Under 14's: 3 girls teams and 3 boys teams
- Under 15's: 2 girls teams and 2 boys teams
- Under 16's: 2 girls teams and 2 boys teams
- Under 18's: 2 girls teams and 2 boys teams

These teams will compete in development tournaments (Country Cup for U14's, 16's, 18's and Southern Cross Challenge for U15's) as well as completing the SPP trainings. Trainings will incorporate the athletes in the same age and gender training together. Each team will consist of 10 athletes.

### **Who do I contact for more information?**

For more information please contact Jamie Petty, HP PCDO for SA Country.

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