

WHAT IS THE U13 CANTERBURY METRO DEVELOPMENT PROGRAM?

The U13 age group sits firmly within the development space of the Canterbury Basketball Rep Academy, known as the Canterbury Metro Development Program. The U13 Canterbury Metro Development Program focuses on the talent development of athletes aged 10 - 12 years old, and on the development and support of aspiring coaches.

This document serves to clarify the focus and objectives of the U13 Canterbury Metro Development Program.

THE U13 CANTERBURY METRO DEVELOPMENT PROGRAM FOCUS

Fun, Friendships & Fundamentals

The U13 Canterbury Metro Development Program serves to develop players of tomorrow, not players of today through having Fun, building Friendships and focusing on Fundamentals. The U13 Canterbury Metro Development Program recognises that athletes develop at different rates and as such is committed to **talent development**, as opposed to **talent identification**, in line with Sport NZ guidelines for athletes in this age group.

The U13 Canterbury Metro Development Program aims to expose coaches and players to the training habits, individual skill development, and age appropriate team offensive and defensive concepts that underpin athlete development. The U13 Canterbury Metro Development Program seeks to improve athlete understanding around the 'why' of offensive and defensive decision making and is committed to providing dedicated skill development that will allow for the successful execution of those decisions.

The objective of sending teams to the BBNZ Southern Regional Tournament and the U13 Canterbury Regional Invitational Tournament is to allow each player ample opportunity to demonstrate their skill development and understanding growth, and to gain tournament experience. Winning is a direct result of improved basketball understanding and skill development, but **is not** the primary objective of the program.

OBJECTIVES OF THE U13 CANTERBURY METRO DEVELOPMENT PROGRAM

- Develop and foster emerging and beginning talent
- Identify, mentor and support emerging and beginning coaches
- To introduce training habits and the key fundamental skills based on the 5 point skill package that underpin athlete development
- To introduce age appropriate aspects of the Canterbury Basketball Rep Academy style of play, player attributes and technical and tactical skills
- To introduce athletes to tournament play

“Teaching players to play rather than teaching plays. Developing players of tomorrow, not just players of today”

WHAT DOES THIS LOOK LIKE?

Individual Fundamental Skills

Being proficient in the Five Point Skill package and possessing sound training habits is crucial for athlete development:

- Body Movement Fundamentals: pivots, stops, athletic stance, fakes (drive, pass, shot), footwork, running technique, jumping & landing technique, strength, flexibility, core stability
- Dribbling: with both hands, under pressure, at pace, and with varied moves
- Passing: with both hands, under pressure, at pace, and with varied passes
- Shooting: from range, finishing package, technique
- Defending Your Position: individual 1v1 accountability, off ball positioning, boxing out, foul discipline
- Training Habits: Everything is competitive; play to completion, get in and out of drills quickly, organise yourselves and organise others, subs call subs, “Next Play” mentality

Team Defence

There is an epidemic of poor on-ball defensive containment at all levels. The U13 Canterbury Metro Development Program is committed to developing positive defensive habits in the U13 age group. If we can produce sound 1 v 1 defenders at a young age, they become great team defenders as the concepts evolve and become more advanced.

- The most important aspect of team defence at the U13 level is the ability to identify your matchup and keep the ball in front of you, whilst applying ball pressure without fouling **‘Ball-You-Basket’**
- The ability to maintain a sound defensive stance, show hands and take contact through the chest. Fouling negates hard work and hustle
- An important off ball concept is to identify your player, but then to find a floor position that offers support to the person defending the ball **‘Ball-You-Man’**
- Great communicators! Communication is a skill!

Team Offence

What is most important in team offence at the U13 level is that players understand what the correct decision is and that they have the skill capabilities to execute that decision.

- Players must understand the ‘Why’ in terms of offensive decisions. Cutting/Screening/Spacing – Why? Players must be able to read their defender and make a corresponding decision
- The ability to make decisions and execute skills at speed and be comfortable playing in an up-tempo style
- The ability to understand how to be effective without the ball and appreciate spacing as being beneficial to their team and to themselves
- Encourage and develop basketball players with the skills and mentality to play the game creatively both for themselves and for their teammates. This requires a commitment to skill development.
- Concept based offence that encourages exploration and decision making from players. We appreciate chaos as a learning tool for player development.