



BEING OUR BEST

Basketball Developmental Model

A Presentation at the AGM

Newfoundland and Labrador
Basketball Association

June 16, 2012



Presentation Overview

- Review NLBA Traditional Model
- Overview LTAD Canada Basketball's Athlete Developmental Model
- NLBA **BEING OUR BEST** Pathway Developmental Model
- **BEING OUR BEST:**
 - Rationale
 - Goals
 - Challenges
- Pillars of Performance
- Training Pods
- Contributors



Traditional Basketball Developmental Model

- Traditional Model
 - Two categories:
 1. Provincial Teams
 2. Canada Games Teams



Traditional Basketball Developmental Model

Category One: Provincial Teams

- Under 15 and Under 17 (male and female)

- Volunteer Coaches selected six-eight months from competition date
- Team selected 4 months before competition
- Train periodically during May and June
- Train intensely six weeks, July and August
- Compete at Nationals in August
- Athletes pay between \$2000.00 - \$2200.00
- Government funds \$\$\$\$ per athlete
- Range of finishes from fourth – ninth place



Traditional Basketball Development Model (continued)

Category Two:

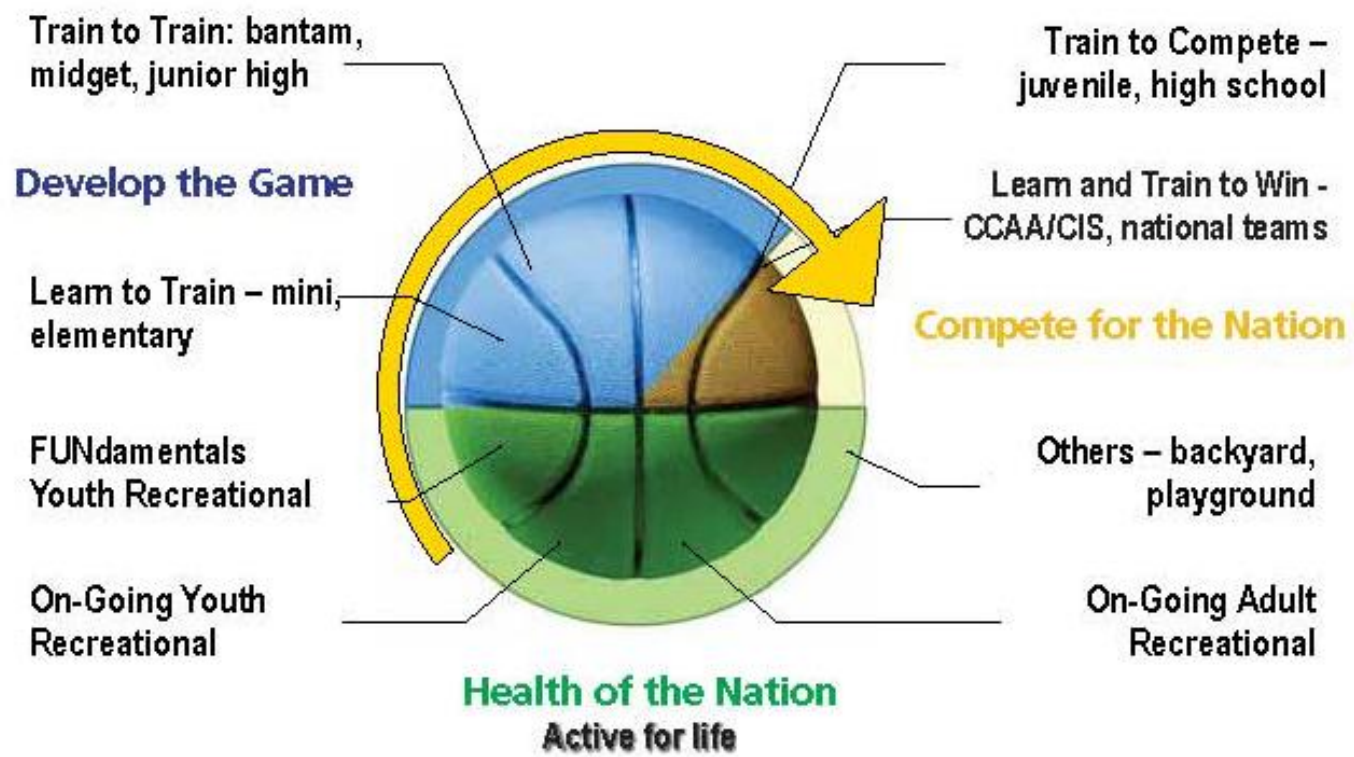
Canada Games Teams

- Under 17 male and female
- Volunteer coaches selected three summers (two years) prior to Canada Games
- Pool of players selected two years prior to Canada Games
- Train periodically through year – some off island competitions - typically one mid year and early summer
- Compete at Nationals in year preceding Canada Games
- Range of finishes from fourth – ninth place
- Athletes pay between \$2000.00 - \$2200.00
- Team final selection five months before Canada Games
- Train intensely from April – August – Canada Games year



Figure 1

Athlete Development Model



NLBA Pathway

LEARN TO WIN
18+
(Enter or Exit)

TRAIN TO COMPETE
15 – 18
(Enter or Exit)

TRAIN TO TRAIN
12 – 15
(Enter or Exit)

LEARN TO TRAIN
9 – 12
(Enter or Exit)

FUNDAMENTALS
6 – 9
(Enter or Exit)





Success doesn't happen
by "*Chance*".

Success happens by
"Choice".

The NLBA has **"chosen"** to
plan for success.

Rationale of **BEING OUR BEST** Developmental Model



- Pilot Project
- Fulfills Strategic Planning Component of NLBA
- Targets Canada Games Athletes 2017 and 2021.
- Provides 5 years training cycle for Canada Games Athletes and 3/4 years for Provincial teams
- Provides absolutely best possible preparation for 2021 – NL hosts Canada Games.

Rationale of **BEING OUR BEST** Developmental Model



- Responds to TCR's Strategic Planning for PSO'S
- Fits Long Term Athlete Developmental (LTAD) Model
- Targets athletes at
 - FUNdamentals Stage (Youth recreational - Steve Nash K-6)
 - Learn to Train Stage (elementary)
 - Train to Train Stage (bantam, midget, junior high)
 - Train to Compete Stage (juvenile, high school)
- Systematic, and Consistent Approach to Training
- Increases Participation Base
- Provides year round training - Canada Games cycle
- Correct ratio of practice to games



Goals of **BEING OUR BEST**

- Increase participation numbers at all levels
- Recruit, retain and certify new male and female coaches
- Finish in top six in standings in boys and girls U-15, U-17 National Championships
- Finish in top six at Canada Games



The “*Brad Gushue*” Effect

- Produce highly trained, skilled athletes that can compete at the highest level.
- Canada Games Medal- source of pride for community and the province.
- Develop a “Brad Gushue” or Hannah Jardine/Carl English who plays for Canada Basketball team at Olympics or world championship.
- “*Gushue Effect*” made us a “have” province
- Need support and investment along the path.



BEING OUR BEST

Phase One

- Year One: (Grade 7 athletes). Learn to Train. One off island competition.
- Year Two (Grade 8 athletes). Learn to Train. One off island competition.
- Year Three: (Grade 9 athletes). Train to Train. Compete at National Championships.



BEING OUR BEST

Phase Two

- Year Four (Grade 10 athletes). Train to compete. Two off island competitions.
- Year Five: (Grade 11 athletes). Train to compete. Off island competitions and national championships.

BEING OUR BEST



Pillars of Performance

Physical Preparation

- Body strength
- Agility,
- Speed
- Flexibility
- Endurance
- Nutrition
- Rest

Technical Preparation

Mastering the mechanics of skill development and skill execution

Strategical Preparation

Knowledge of tactics and strategy to make correct decisions at key times

Mental Preparation

- Set goals,
- Improve concentration focus, and motivation,
- Handle pressure
- Rebound from mistakes

Technology Preparation

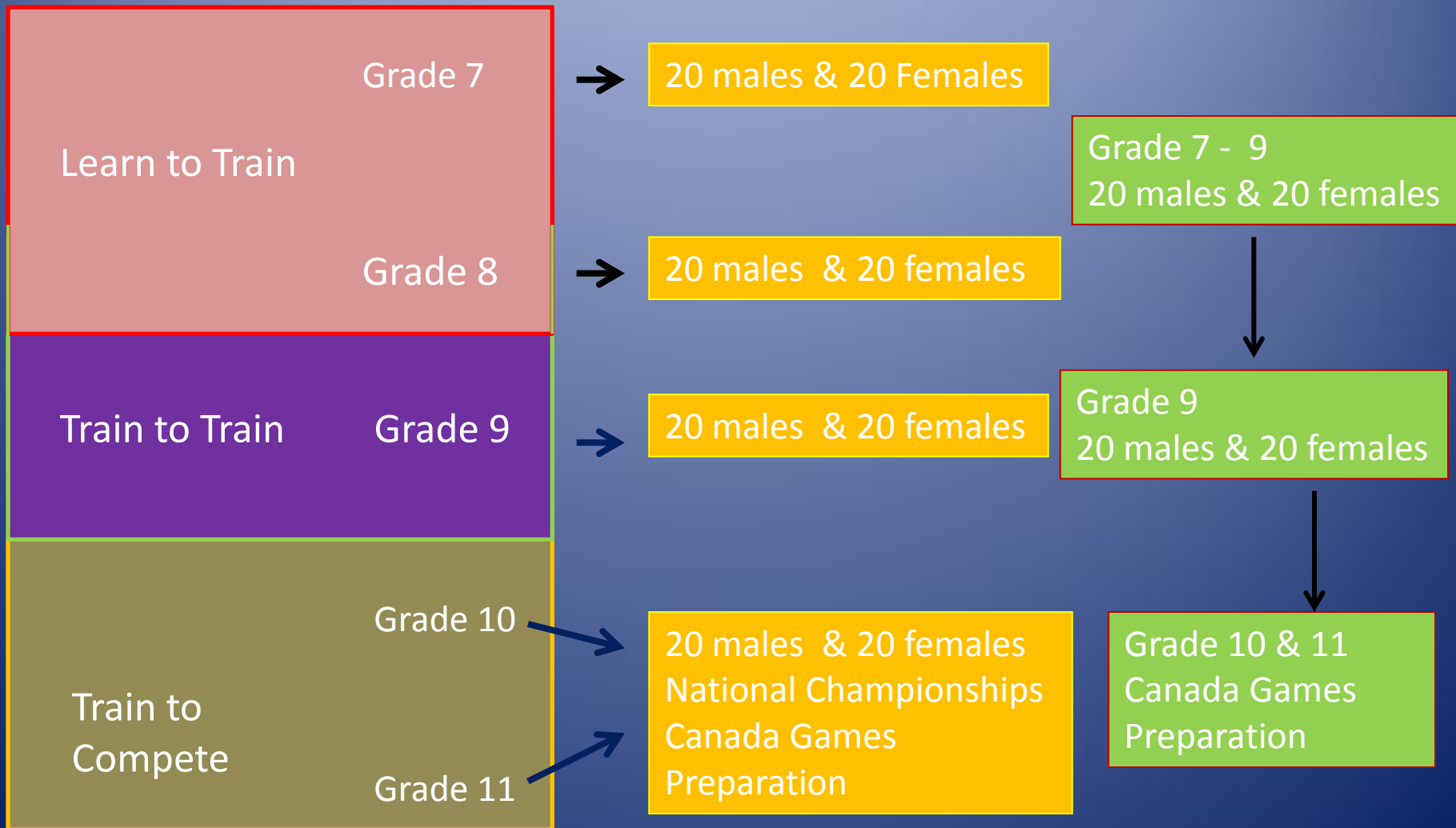
Avail of technology such as biomechanical analysis, biofeedback (heart rate), video analysis

Training Pods



St. John's

Corner Brook





Challenges

- Financial – stipends, floor time
- Coaching Expertise
- Coaching Recruitment and Retention
- Coaching Education/Training
- Delivering Pillars of Performance
- Office Resources
- Policy changes to provincial & Canada Team Selection
- Provincial Training Center /Baskets



BEING OUR BEST Contributors

- NLBA 2013 Developmental Program Committee
- NLBA Executive
- Ms. Michelle Healey: Chef-de-Mission NL Canada Games
- Mr. Rod Snow: Manager, NL Sports Centre Director for High Performance Training
- Peter Benoit, MUN Sea~Hawks Coach
- Blair White, Robyn Constantine, 2013 Provincial Team Coaches
- Erica Kennedy, MAX Athletics