



***SPARKS***  
***BASKETBALL***

Hi Coach, and welcome to Sparks Basketball!

Here you will find a rough training plan, which will help to get you started on the season with your new team.

## Training Fundamentals

Firstly, it's important that we, as a club, have a clear vision for our players, and the fundamental skills we believe are worth focusing on, and building from. While our main focus should always be on enjoying each and every game, it's important that players are aware of what is expected of them, to create a positive and productive club culture.

We believe key fundamentals to youth basketball are:

- Communication
- Teamwork
- Effort
- Defence

These are aspects of basketball which any player can improve on, regardless of natural talent or ability. While it's important to recognise players who apply themselves and reach new levels of ability, the core message we send to our teams is that no matter the result on the scoreboard, it's important that we remind our players regularly that the purpose of team sport is always having fun, and trying our hardest.

## Training Session Outline

### 60 Minute Training Session

Minutes	Focus	Examples
0 - 5	Warm-up	Half court up and back High knees Arm swings Court laps
5 - 10	Stretch	Shoulder stretch Calf stretch Ankles, wrists
10 - 20	Shooting	Layup lines Jump-shot race
20 - 30	Rebounding	Rebound score Free throw box-out
30 - 45	Defense	No ball 1-to-1 "Chaser"
45 - 55	Game Time	2 on 2 3 on 3
55 - 60	Free Time	"Dog and Bone" "Golden Child"

## **Jersey System**

Jerseys for Sparks Basketball will be provided to each player with a \$35 deposit. Jerseys can be swapped for a different number (if there is a clash, but not for player preference) or a for a different size, free of charge. This \$35 will be returned in the event the player no longer requires the jersey.

## **Equipment**

Each team will be provided with 8 basketballs, a basketball carry net, and coaching clipboard. As the club progresses, we hope to be able to provide additional materials to aid in the development of our coaches and teams.

## **Games**

Game times often vary in location and time, and it's always best to encourage your team to check the details the morning of the game, incase there have been any last minute changes. Details can be found on the Willetton Basketball website.

## **Feedback**

With Sparks Basketball, we hope to create a culture of inclusivity with our coaches and players. With this in mind, please ensure you speak to the club committee with any issues or suggestions that arise. As our coaches, you will have the best understanding of what is required from our club to grow and develop, and your feedback is fundamental to our goals and vision of a progressive, inclusive club.