



PLAYER GROWTH GUIDEBOOK 2024

A basic framework for
player development



WELCOME

Basketball Otago is pleased to present our brand-new Player Growth Guidebook. This document is the first in a series of condensed resources aimed to provide education for coaches, educators and parents with regards to successful basketball player development.

We aim to provide an informed view of the player profiles and playing style that Basketball Otago aspires to develop. These insights are the result of extensive dialogue surrounding best practices; drawing from both national and international contexts. Therefore, this resource brings together the existing great work done by coaches, clubs and schools in our region, as well as a set of innovative ideas sourced from the global basketball community.

In acknowledgement of the ever-evolving nature of the sport, we are committed to regularly reviewing this guidebook every two-years; ensuring its continued relevance and effectiveness. Furthermore, Basketball Otago remains dedicated to actively listening to clubs and coaches and incorporating their feedback into subsequent revisions of this resource. By fostering a collaborative approach, we strive to continuously enhance and refine our resources to better serve the needs of our basketball community.

The following pages will delve into the basic technical elements and coaching principles that have consistently propelled aspiring athletes towards achieving success.

We are confident that the ideas and concepts in this document provide an accurate representation of modern-day basketball coaching and player development. We trust that you will find the Player Growth Guidebook a useful tool in your coaching.

Will Hopper

Pathway Development Manager



HOW TO USE THIS GUIDEBOOK

When using the Player Growth Guidebook to inform your practice, it is important to understand what it is and what it is not:



THIS RESOURCE IS:

- A reference point for coaches, educators and parents within our region based on the best national and international advice.
- An informed view of the type of game and player that Basketball Otago would like to develop.
- A tool to support the development of coaches, educators and parents within Otago.



THIS RESOURCE IS NOT:

- A prescriptive manual that coaches, educators and parents must follow.
- A recipe for immediate success.

We encourage you to use your own professional experience and judgement in making the content of this guidebook come to life.

THE OTAGO PLAYER PROFILE

Beyond the confines of the court, true success as a basketball player encompasses a broader spectrum of qualities. We believe there are five key characteristics that will make a successful Otago basketball player:

BASKETBALL IDENTITY

The player has a basketball focused work ethic and lifestyle combined with a willingness to learn.

GAME AWARE

The player understands the principles of game play, everyone's role on the team and can adapt accordingly using creativity.

SKILLED TECHNICIAN

The player has a broad range of high-quality skills and can use them in an appropriate and timely manner.

PHYSICALLY EFFICIENT

The player has the physical attributes and ability to efficiently carry out their role.

CONSISTENT PERFORMER

The player is mentally resilient, bravely rises to the big occasion and can consistently deliver under pressure.

Otago players are encouraged to maintain a strong focus and determination in pursuing their basketball ambitions. Our players should be tactically proficient and able to respond to situations presented throughout the game. They should also be capable of consistently performing skills that require efficient and athletic movement.



	BASKETBALL IDENTITY	GAME AWARE	SKILLED TECHNICIAN	PHYSICALLY EFFICIENT	CONSISTENT PERFORMER
UNDER 12	Select and enjoys playing basketball	Basic understanding of time and space	Basic ball handling and finishing	Development of body movement	Enjoys the challenges of playing basketball
UNDER 14	Identifies basketball as their favourite sport	Understands their role on the team	Mastery of basic skills	Increased focus on basketball movement	Identifies goals and enjoys the journey
UNDER 16	Commits to developing a basketball identity	Understands the principles of the game	Development of advanced skills	Generic conditioning program	Highly motivated to achieve goals
UNDER 18	Basketball is very important to them	Demonstrates tactical awareness throughout	Consistent employment of advanced skills	Basketball specific S&C program	Self aware and strives to win
UNDER 20	Takes up other roles within the sport	Demonstrates tactical awareness throughout	Mastery of advanced skills	Personalised S&C program	Evaluation mindset

THE “FUTURE PROOF” PLAYER

Basketball is an ever-evolving game and we need to be able to develop players who are capable of adapting to the changes within the sport. There are certain aspects of the game which require focus in order to develop “future proof” players:

- **Athleticism:** 21st century basketball is played at a very high speed and intensity.
- **Individual Offence:** Players are required to create advantages individually. It is not a 1v5 game, but more and more the initial advantage is created in 1v1 and 2v2 situations.
- **Perimeter Focused:** The need to spread the floor to create space. All players require long range shooting capability, not just the guards.
- **Delayed Specialisation:** The avoidance of positional specialisation until the later stages of development; allowing players to be much more versatile.

PRINCIPLES VS SETS

We place high value on educating players about the “internal logic of the game”. The rigid nature of sets tends to lead to players adopting a more passive attitude; players just “go where they are told”.

Many successful player development systems worldwide have embraced an approach that prioritises mastering the fundamental principles of both offensive and defensive play over rigid and regimented sets.

This approach is much more open ended and coaches may create a simple framework that defines initial spacing, yet from that moment, players are asked to create their own movement to constantly be a threat.

MOMENTS & PRINCIPLES OF THE GAME

There are four “Moments of the Game” (MOG’s) and each moment contains different goals; therefore giving rise to a set of “Principles of the Game” (POG’s).

OFFENCE

Generating and managing advantages to create a high percentage shot.

- Spacing
- Ball circulation
- Zero seconds decision making
- Shot selection

TRANSITION DEFENCE

Avoiding quick scores and regaining possession.

- FT line offensive rebounding
- Slowing and stopping the ball
 - Taking next
- Defending numerical advantages

TRANSITION OFFENCE

Generating and managing advantages in the full court.

- Rebounding and outletting
- Get ahead and pass ahead
 - Spacing
- Exploiting numerical advantages

DEFENCE

Regaining possession or forcing a low percentage shot.

- Constant ball pressure
- Stopping penetration
- Clear communication
 - Boxing out

COACHING THE PRINCIPLES

This section offers coaches, educators and parents some basic guidance regarding recommended methodologies and session structure. However, we encourage you to use your professional experience to create your own delivery strategies based on the needs of your players.

U14 AND BELOW

- Fun games
- Small sided games
- Teachable moments within the flow of the session

U16 AND ABOVE

- Emphasis on decision making
- Strategic game planning
- Additional individual workouts
- Video analysis

The following page contains recommended teaching areas for each age and stage of player and team development. Guided by the four MOG's and POG's, we recommend that coaches, educators and parents focus on these key areas that align with Basketball Otago's ideal style of play.

	OFFENCE	TRANSITION DEFENCE	DEFENCE	TRANSITION OFFENCE
UNDER 12	Spacing and getting open	Protecting home	Defending 1v1	Passing and getting ahead
UNDER 14	1v1 skills and Ball circulation	Slowing and stopping the ball	Helping and rotating	Exploiting basic numerical advantages
UNDER 16	Creating and extending the advantage	Defending numerical advantages	Defensive coverages	Executing from beyond perimeter in transition
UNDER 18	Increased understanding of shot selection	Consistent execution of all the above	Consistent execution of all The above	Increased decision making at speed
UNDER 20	Implementation of scouting based plans	Mastery of all the above	Mastery of all the above	Mastery of numerical advantages

