



**ELWOOD COLLEGE
BASKETBALL
ACADEMY**

**2020
Information Booklet**

Information correct as of October 2019

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INTRODUCTION:

Thank you for your interest in the ***Elwood College Basketball Academy***. The academy program has established itself as a dynamic part of the Elwood College community as it enters its fifth year of operation. This exciting concept emerged through a partnership between Chase Basketball (an initiative of Australian Basketball Resources) and Elwood College and we hope the academy will be an important feature of your son or daughter's academic journey. This information package will introduce you to the ***Elwood College Basketball Academy*** and will answer the most frequently asked questions about the program, enrolment and your child's involvement.

The ***Elwood College Basketball Academy*** will be offered to all college students enrolled in 2020. The Basketball Academy will provide participants with the opportunity to pursue their chosen sport of basketball in addition to their school subject selection. They will undertake intensive basketball tuition through the course of their studies, having access to the highest quality coaches, mentors and teachers that the program can provide.

Elwood College holds a firm position as one of the premier public-school education facilities in Melbourne's Bayside. The Basketball Academy Program will utilise the school's growing sporting resources to introduce basketball as a means for students to fulfil personal fitness and development goals through sport.

The ***Elwood College Basketball Academy*** is an integrated sports system that will see students selecting basketball to be included in their co-curricular timetable. The program will be independently accessed through the school enrolment and is open to all interested students in 2020. This fee for service-based program will work in conjunction with the student's before, during and after-school commitments, and will tie in with the overall pursuit of academic excellence. It will offer a mentoring, health and wellbeing component that ensures a rounded and ultimately elite sporting pursuit.

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COACHING STAFF

David Peters-Director of Academies

David has both head coached and assisted a number of state junior teams since 2011. He was a member of the coaching staff in the 2015 u18 State Championship winning boys' team and has spent time coaching in the senior Big V competition. 2019-20 has seen his appointment as a development coach to the Melbourne United NBL team, allowing him to further develop his coaching experience and profile. Coupled with his assistant role with the Melbourne United NBL club and the Melbourne Tigers NBL1 club, David continues to learn and grow as a coach and mentor. David excels at working with players of all ages and abilities and continues to learn and adapt new coaching techniques. He leads a large team of coaches and athletes, all committed to working in the academy program.



The ***Elwood College Basketball Academy*** will draw on the highest quality profile coaches and athletes to complete the coaching stable used for all Academy sessions. Only committed, verified and qualified coaches will be involved in the Academy program.

ENROLMENT CRITERIA

- All students enrolled at Elwood College in 2020 are welcome to join the Basketball Academy.
- All participating students will be categorised into Beginner/Intermediate and Advanced levels and the academy curriculum will be customised to these levels.
- Players can move from one level of the academy to another at the coaching staff's discretion.

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2020 PROPOSED PROGRAM SCHEDULE:

- FEBRUARY 2020 - Introduction morning for participants and parents/caregivers – dates to be advised
- FEBRUARY 2020
 - **Week 1 Academy Program**
Group allocation/selection tryouts
Participants allocated groups: beginner/intermediate or advanced levels
 - **Week 2 Academy Program**
Begin program terms 1 & 2

BEGINNER/INTERMEDIATE LEVEL PROGRAM:

Terms 1 and 2:

Individual skills introduction

- An emphasis on individual skills development: shooting, ball handling, footwork etc.
- Full group program appropriate to skill levels to be designed by coaches.

Terms 3 and 4:

Team skills introduction

- Individual skills introduced in terms 1 & 2 will be placed in a game context.
- An emphasis on game rule, strategy, offensive and defensive team structure.
- Consolidate and prepare for year 2 of the program.

ADVANCED LEVEL PROGRAM

Terms 1 and 2:

Assessing and improving individual skills and fitness

- During Term 1 and 2 advanced players will be put through several fitness tests followed by fitness programs to put them in expected fitness shape. These sessions are to be conducted

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in conjunction with an individual skills development program, which is designed for more advanced players.

- Emphasis on 'post players' working on their inside game and perimeter players on their outside game.

Terms 3 and 4:

- Emphasis on maintaining required fitness levels whilst introducing team building processes including offensive and defensive strategies, team structure, defensive structure, offensive and defensive transition.
- Introduce principles of the 'Shuffle' offensive structure with emphasis on skill development.
- Consolidate and prepare for year 2 of the program.

SESSION TIMES

- Group sessions will be of 90-minute duration.
- Group sessions will be conducted twice per week (before and/or after school)

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BASKETBALL DEVELOPMENT CURRICULUM

Both the beginner/intermediate and advanced groups will have a strong focus on skill development and below is list of offensive and defensive areas, which all players will be expected to concentrate on.

Work rate, intensity and drill selections will be different between each level but all players will be closely monitored during the development process.

Areas in which Elwood College Basketball Academy students are expected to work on and develop:

Offence

Understanding of the following terms and situations:

- ✓ 3 second area
- ✓ 3pt. Line
- ✓ Free-throw line
- ✓ Foul line extended
- ✓ Split line
- ✓ Half court
- ✓ Side and Baselines
- ✓ Charge line

Violations, fouls and penalties

Body Movement

- ✓ Running and stopping
- ✓ Pivoting
- ✓ Change of Direction
- ✓ Change of Pace
- ✓ Jumping and Landing
- ✓ Sliding
- ✓ Coordination (Hand, ball, feet) and Balance
- ✓ Core Stability
- ✓ Passing
- ✓ Catching

Passing

- ✓ Chest Pass (one and two hands)

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- ✓ Bounce Pass
- ✓ Push Pass
- ✓ Off the dribble pass

Dribbling

- ✓ Speed dribble with either hand
- ✓ Change of direction – crossovers
- ✓ Dribble to Shoot
- ✓ Dribble to Pass to a stationary target
- ✓ Dribble to Pass to a moving target

Catching

- ✓ Create a target stance
- ✓ Moving through the ball to a stop
- ✓ Creating space from the defence

Shooting and Receiver Spots

- ✓ Lay-up with left and right hand
- ✓ Correct shooting technique – release and follow through
- ✓ Jump shot (set shot, off the dribble)

Non-Dribbling Moves

- ✓ Pivot to protect the ball
- ✓ Pass fake
- ✓ Jab step

Space

- ✓ Creating space to cut
- ✓ Seeing and recognizing space between you the basket and other players
- ✓ Using space

Decision making

- ✓ When the ball is in your hands
- ✓ When the ball is not in your hands





Defence

Positioning

- ✓ Guarding a player with the ball
- ✓ Guarding a player without the ball
- ✓ One pass away from the ball
- ✓ Two passes away from the ball
- ✓ Jump to the ball

Boxing out

- ✓ Blocking out the Shooter and non-shooter
- ✓ Nearest Arm and Foot Pivot and Contact

Communication

- ✓ Very important part of team defence

Stance Defending the Ball

- ✓ Low and wide

Containing the dribbler

- ✓ Big to Bigger terminology (step – slide)
- ✓ Feet play the opponent, the Hands play the ball





PLAYER PROFICIENCIES

OFFENCE

Shooting – A high percentage from uncontested shots including free-throws.

Cutting/Screening – How to set and cut off screens. Passing to moving targets and receiving on the move.

Make plays off on-ball screens – Ability to read the second line of the defence.

Creating plays off the dribble – Making use of driving and passing lanes.

Low post efficiency – How to create position and make plays in the low post.

Understanding game situations – Time, score, foul count, defensive weak link, offensive hot hand.

DEFENCE

Ball pressure – Every shot, pass dribble is contested.

Communication – A consistent use and response to verbal cues.

Rotation – All five players adjust position and stance on the flight of the dribble, pass or shot.

Rebounding – Allow no more than one contested shot.





ACADEMY PHILOSOPHY:

The **Elwood College Basketball Academy** philosophy will be reflected in the coaching principles of the head coaching staff.

The four cornerstones of the Academy philosophy are:

- ❖ Enjoyment/Fun
- ❖ Basketball skills development
- ❖ Fitness from a strong work ethic
- ❖ Personal Development.

ENJOYMENT/FUN

It is essential that the athletes who enrol in the **Elwood College Basketball Academy** enjoy their involvement as much as possible. There will be times when the tuition and coaching will be hard work, but the underlying essence of the academy should be to enjoy the experience, the game, teammates and time with the coaching staff.

The academy bases the cornerstone of Enjoyment/Fun on the premise that athletes learn more from their involvement in a sport if they are enjoying their participation. The best learning environment will be generated if enjoyment and fun is the foundation of the program.

Fun and enjoyment, hard work and discipline are not mutually exclusive elements to the academy. Every endeavour will be made to make any time in the academy as enjoyable as possible, while still working hard on the basketball court.

SKILLS

Basketball is a sport built on the development of fundamental skills and the academy has some of the best skills coaches in the country. The development of the individual in relation to footwork, shooting, passing, ball handling, defence and basketball IQ will have a direct effect on how far the athlete can progress within the sport of basketball. All skills associated with the sport will be worked on in accordance with the needs of the training group. Skills will be taught in a way where the students will continue to be engaged with the appropriate level of repetition and instruction through a very wide range of drills.

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FITNESS AND WORK ETHIC

The physical wellbeing of the athlete is of a very high priority to the ***Elwood College Basketball Academy***. Cardio work combined with appropriate levels of strength and conditioning will be a major part of the academy program. The physical component of the sessions will often be challenging for the athlete but also very valuable for their basketball and life goals. All fitness targets will be age and skill level appropriate and will take into account the developmental and emotional background of the participants. Every program will be targeted to include a work contract and the benefits of goal setting and perseverance will be highlighted.

PERSONAL DEVELOPMENT

The ***Elwood College Basketball Academy*** is designed to complement the academic activities and goals of the school curriculum. A healthy mind and body are the objectives of the school and the academy. The academy will work in conjunction with the teachers at the school and personal student grades are to be monitored and assessed periodically throughout the year. The academy aims to work in conjunction with the athlete, family, school and peers to pursue both personal and academic excellence. A strong focus on family/school/sport balance will ensure organisation is a priority in the academy stream.

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ON COURT AND OFF COURT OBJECTIVES:

The *Elwood College Basketball Academy*, through its program, will be endeavouring to promote a number of traits that we wish to foster in students/athletes:

ON COURT:

- Discipline
- Work Ethic
- Sportsmanship
- Teamwork
- Skill
- Basketball Intelligence

OFF COURT:

- Discipline
- Leadership
- Community
- Pride
- Humility
- Social responsibility
- Health
- Tolerance
- Resilience

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ACADEMY FEES

The *Elwood College Basketball Academy fees include the following:*

1. Tuition fees as set out below includes 2 x 90-minute sessions a week in Terms 1,2,3 and 4 – 34 weeks of tuition in total over the academic year
2. Administration fee: \$150 per annum
3. Equipment Kit - \$120 Includes:
 - *Elwood College Basketball Academy* reversible singlet and shorts set x 1
 - High quality Molten or Spalding Basketball (size 6 or 7 to suit player's age level)
 - *Elwood College Basketball Academy* windcheater

Total Fees New Player: \$1596.00

Total Fees Continuing Player: \$1476.00
(Equipment kit already supplied)

WITHDRAWAL FROM THE ECBA PROGRAM

Students are expected to enrol in the ECBA program for the full academic year. However, we understand that circumstances do change so please be advised that each withdrawal from the program will be considered on an individual basis.

Fees will be forfeited for the semester in which the withdrawal takes place unless otherwise agreed by both Chase Basketball and Elwood College.

In all instances, the College administration fee and ECBA equipment charge will not be refunded. These charges will also be included in the first instalment amount.

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ELWOOD COLLEGE BASKETBALL ACADEMY
FREQUENTLY ASKED QUESTIONS (FAQ)

Q. Is my son or daughter good enough to join the *Elwood College Basketball Academy*?

A. All enrolled students are welcome to join the Academy. Applicants will be divided into beginner/intermediate or advanced levels of ability so that appropriate tuition/coaching can be given to your child. Children can move from level to level based on the coach's assessment.

Q. When will the sessions be held and how many sessions will be held each week?

A. The *Elwood College Basketball Academy* is based on 34 weeks of tuition with 2 x 1.5 hour on-court sessions per week. Sessions are planned for mornings prior to school and after school and will be held in the college gymnasium. In the event of the college facility being unavailable or the expansion of the program, on-court sessions may be timetabled for lunchtime at the college and/or morning participation at the Melbourne Sports and Aquatic Centre courts.

Q. How long will each session go for?

A. Each session is planned to be of 90 minutes' duration. To allow for a host of variables that may occur during regular curriculum (excursions, incursions, exams, assemblies, sporting days etc), some on-court training sessions may be either shortened or lengthened to allow for timetable changes. Athletes will be notified of any alterations to their timetable.

Q. What if we enrol and after a few weeks, my son/daughter decides that he/she does not wish to continue in the program?

A. WITHDRAWAL FROM THE ECBA PROGRAM

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Fees will be forfeited for the semester in which the withdrawal takes place unless otherwise agreed by both Chase Basketball and Elwood College.

In all instances the College administration fee and ECBA equipment charge will not be refunded. These charges will also be built into the first instalment amount.

Q. What does my child bring to each session?

A. Athletes will be expected to be in full academy uniform (provided in the student/athlete kit). He/she will need to wear appropriate basketball footwear, have at least one water bottle and bring a basketball (provided in the student/athlete kit).

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Q. Will teams be formed?

A. The Elwood College Basketball Academy DOES NOT enter teams into external representative or domestic competitions. Teams from within the academy WILL BE formed and intra-academy games and competitions will be played as part of the academy program, throughout the year. Academy teams may also represent the school at inter-school sporting competitions. The complete timetable for games, teams and competitions will be advised as necessary.

Q. Will girls and boys train together?

A. Depending upon the number of boys and girls that enrol in the program, boys and girls may have some sessions together. The program incorporates fitness work, skills work and team play. Boys and girls may be mixed for skills sessions and fitness work however the amount of team play between boys and girls will be kept to a minimum level.

Q. Will the academy teams be involved in any tours?

A. As the school and the Academy grow, it is planned that there will be tours to tournaments and also to other schools.

Q. What is included in the academy kit?

A. The Academy Kit consists of: -

An elite indoor Spalding or Molten Basketball

ECBA reversible singlet x 1

ECBA training short x 1

ECBA windcheater

Q. What if my child wishes to undertake additional training on top of what the Academy is offering?

A. Additional training at the athlete's expense, may be offered to every athlete through programs conducted at the Melbourne Sports and Aquatic Centre and other satellite venues. This training is a separate program to the **Elwood College Basketball Academy** and will attract additional costs. Enquiries can be made via the academy coaching staff.

