

# NATIONAL ATHLETE PATHWAY

## *Everyone's Game*





## FOUNDATION

## PRE-ELITE

## ELITE

An Athlete is:







**Basketball  
Australia**

*Athlete Pathway Drivers*



**ATHLETE  
CHARACTERISTICS**



**RESEARCH &  
INNOVATION**



**ENVIRONMENT**



**SYSTEM  
LEADERSHIP**





RETURN TO  
DRIVERS

# SYSTEM LEADERSHIP







RETURN TO  
SYSTEMS








# SYSTEM LEADERSHIP

## Teams, Programs & Categorisation

### FOUNDATION

### PRE-ELITE

### ELITE

	F <sup>1</sup>	F <sup>2</sup>	F <sup>3</sup>	T <sup>1</sup>	T <sup>2</sup>	T <sup>3</sup>	T <sup>4</sup>	E <sup>1</sup>	E <sup>2</sup>	M <sup>1</sup>
Programs	No Basketball Australia Programs or Teams	 <p>Basketball Australia's official junior development program for 5-10 year olds and their families</p>	Various Affiliated Leagues & Associations will have regional age-appropriate bridging & holiday programs	 <p>Basketball Australia uses the NITP program to identify and confirm Australia's junior talent. Each State and Territory has a NITP program which is aligned to the Member Association</p>		 <p>Basketball Australia's Centre of Excellence Program identifies emerging athletes from the NITP &amp; the states. The aim of the program is to accelerate development in a holistic manner</p>			 <p>Effectively there is no program for this stage of the pathway. The focus is on teams such as the Boomers &amp; Opals. Individual players will also be playing in different leagues around the world. However, the Centre of Excellence program will be used as a support-based for the Boomers &amp; Opals training camps</p>	
Team/Clubs		Participants at this stage in the pathway do not participate for a team in a competitive environment	<p><b>Find a club</b></p>  <p>Athletes play in club teams in Affiliated Associations</p>	This is an identification phase. Players will still be competing for their Clubs, Associations or States	This is a confirmation phase. However athletes may represent their State or NITP pending the structure of the program	Under 17 Boys & Girls National Team  Basketball Australia Centre of Excellence	Under 19 Emu's & Gem's National Team  Basketball Australia Centre of Excellence	  <p>The Boomers are Australia's National Men's Basketball Team that compete at World Championships, Olympic Games and in International matches</p> <p>The Opals are Australia's National Women's Basketball Team that compete at World Championships, Olympic Games and in International matches</p>		
Categorisation	No AWE High Performance Categorisation					5. Emerging (AWE)	4. Developing & 2B Podium Potential (AWE)	2A & 2B Podium Potential (AWE)	1. Podium (AWE)	





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# SYSTEM LEADERSHIP

## System Partners

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Clubs	Not Applicable	Deliver Aussie Hoops program	Provide training environment & competition opportunities	Promoting TID pathway	Semi-Pro Clubs (teams) provide training & performance environment and competition opportunities	Professional Clubs (teams) provide performance environment and competition in world-class leagues
Affiliated Associations/ Leagues	Not Applicable	Deliver Aussie Hoops program	Competition and regional representative teams	No significant responsibility to athletes within this phase of the pathway	Provide competition opportunities for pre-elite players	Provide competition opportunities for professional players
Member Associations	Not Applicable	Deliver Aussie Hoops program	Monitor potential regional athletes	Provide operational support to the NITP including athlete identification and confirmation programs	Provide competition structure for pre-elite state league competitions	No significant responsibility to athletes within this phase of the pathway
SIS/SAS	No significant responsibility to athletes within this phase of the pathway			Provide operational support to the NITP including athlete identification and confirmation programs	Provide NITP operational support	No significant responsibility to athletes within this phase of the pathway
ASC/AIS	Not Applicable	Capacity & Capability support	Providing Research & Best Practice	No significant responsibility to athletes within this phase of the pathway	Facility and operational location of the CoE	AIS investment, Sport Science Sport Medicine support, dAIS
AOC/ACGA	No significant responsibility to athletes within this phase of the pathway				Team support for the Youth Olympic Games & Commonwealth Youth Games	Team support for the Olympic Games & Commonwealth Games. ACGA preparation investment. AOC medal incentive





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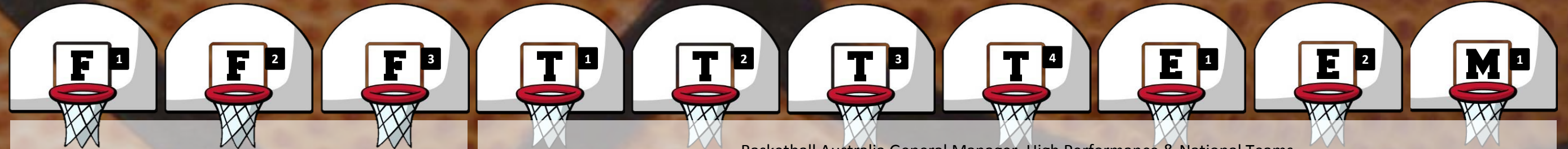
# SYSTEM LEADERSHIP

## Management

### FOUNDATION

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Leadership Responsibility	Basketball Australia General Manager, Community & Stakeholder Relations	Basketball Australia National Shooting Coach & Talent Identification Manager			Boomers & Opals Head Coaches
Operational Support	Member Associations & Affiliated League Participation Managers and Development Officers	NITP Coaches and Program Support Staff	CoE Operational Management, Coaches and Support Staff	Opals & Boomers National Program Managers, Assistant Coaches, Operational and Support Staff	
Reporting & Interaction	Basketball Australia, State Associations and Affiliated Leagues adopt a strategic approach to participation as outlined in Basketball Australia's Strategic Plan and Participation Plan for the relevant period  Basketball Australia report on participation products and rates within their annual report	Basketball Australia provides strategic guidance on selection requirements, identification and confirmation strategies for the NITP program  Member Associations provide operational support and facilities for the NITP program  Basketball Australia in consultation with the Member Association and SIS/SAS contract coaches to deliver NITP program technical expertise  AMS system to record athlete results	Basketball Australia to provide strategic and operational support to the CoE program.  Coaches, Management & Support staff to interact monthly (or as required) on athlete status  Daily Performance Environment captured on Athlete Monitoring System (AMS)	Basketball Australia to provide strategic and operational support to the Boomers & Opals programs  Head Coaches to interact with players on a regular basis regarding status update  Coaches, Management & Support staff to interact during key preparation and competition periods  Daily Performance Environment captured on AMS through the home club and shared with Boomers & Opals program	





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# SYSTEM LEADERSHIP

## Coaching Personnel

### FOUNDATION

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#### Direct Delivery Accountability

Not Applicable

Aussie Hoops  
Centre  
Coordinator

Individual Club or  
Regional Team  
Head Coach

Individual State NITP Head Coach or  
State Head Head

CoE Head Coach, Gems & Emus Head  
Coach, U17 National Head Coach

Boomers & Opals Head Coach

#### Other Coaching Personnel

Not Applicable

Aussie Hoops  
Centre volunteers  
and parents

Club Assistant  
Coach, Team  
Manager and  
parents

Assistant State NITP Coaches, Assistant  
State Coaches, Regional Affiliated  
League Coaches and identified Local  
Club Coaches

National Assistant Coaches  
CoE Specialist Coaches

Boomers & Opals Assistant Coaches  
Responsibility is to provide player analysis and support,  
opposition analysis and provide expertise or focus on  
positional play, offense, defence or set plays

#### Indirect Coaching Personnel

Not Applicable

Aussie Hoops  
guidance and  
direction from  
Basketball  
Australia &  
Member  
Association staff

Mentoring and  
guidance from  
coaching peers,  
past athletes

Local Club & School Coaches of  
athletes that will continue to play  
within local and school competitions  
while progressing through this stage of  
the pathway

NITP Head Coach, Local Coach, School  
Coach and NCAA Head Coach of  
athletes that will continue to play  
within their system will making Under-  
age National Teams

Club Head Coaches, Assistant Coaches and Support staff  
whom the player is currently contracted to (i.e Spurs in the  
NBA, Storm in WNBA, Wildcats in the NBL, Capitals in  
WNBL, Panathinaikos in Greece or FC Barcelona in Spain),





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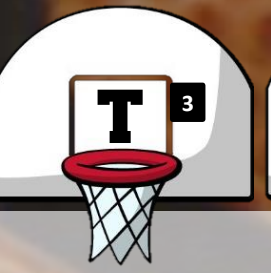

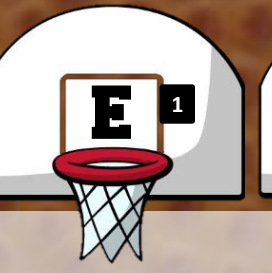
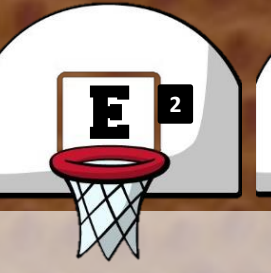

# SYSTEM LEADERSHIP

## *Policies & Procedures*

### FOUNDATION

### PRE-ELITE

### ELITE

										
Selection Policies		Not Applicable	Club selection is based on balance of participation & performance. Regional selection based on national vision of athlete characteristics	Selection Policy to the NITP based on national vision of athlete characteristics State Team selection policy based on national vision of athlete characteristics		Selection Policies for the U17 & U19 (Emu & Gems) National Teams. Selection Policy to the CoE based on national vision of athlete characteristics		Selection Policies for Boomer & Opals Teams to the Olympic Games & Commonwealth Games		
Selection Procedures	Not Applicable		Club selection weekly with coach/or match committee. Regional selection with a selectors committee	NITP selection completed through identification and confirmation phase. Selection adjudicated by coaching experts within each state.		Selection for under-age National Teams made from key competitions, CoE & NITP Selection for COE made from key competition and athlete characteristics		Selection made prior to the Benchmark Events by the Basketball Australia Selectors Committee. Selection ratified by the AOC or ACGA Selectors Committee. Athletes have the right to appeal non-selection within accordance to the selection criteria		
Other Athlete Bound Policies		Participants are bound by Basketball Australia's Code of Conduct	Participants are bound by Basketball Australia's Code of Conduct & Ethics, Anti-Doping Policy, Match-Fixing Policy, Illicit Drugs in Sport Policy, Blood Policy, and Media Policy & Guidelines			Participants are bound by Basketball Australia's Code of Conduct & Ethics, Anti-Doping Policy, Match-Fixing Policy, Illicit Drugs in Sport Policy and Media Policy & Guidelines, Blood Policy, Supplement Policy, Medical & Medications Policy, Travel Policy, Integrity Policy, Athlete Contracts, Individual Performance Plans and Team Values & Behaviours				





# ATHLETE CHARACTERISTICS

PSYCHOLOGICAL SKILLS &  
ATTRIBUTES

STRONG PERSONAL  
EXCELLENCE SKILLS

PHYSIOLOGICAL  
CAPACITY

DEVELOPMENTAL  
BACKGROUND

SPORT SPECIFIC SKILLS

PHYSICAL ATTRIBUTES &  
INTEGRITY







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# ATHLETE CHARACTERISTICS

## *Physical Attributes & Integrity*

### FOUNDATION

### PRE-ELITE

### ELITE



Back-court  
Players



Front-court  
Players



No emphasis on basketball-specific physical attributes & integrity. Emphasis on full repertoire of fundamental movement skills



No emphasis on basketball-specific physical attributes and integrity other than general promotion of fun, health & well-being



Awareness of the importance of musculoskeletal robustness as demonstrated through undertaking basic stretching and strengthening exercises relevant to Basketball



Demonstration of an appropriate anthropometric profile and musculoskeletal range of movements, stability and robustness in a variety of training and competition environments

Maturational consideration is taken into account with physical and positional profile



Development of an optimal anthropometric profile and musculoskeletal robustness (stability and range of motion/flexibility of major joint complexes) of a developing back-court player



Development of an optimal anthropometric profile and musculoskeletal robustness (stability and range of motion/flexibility of major joint complexes) of a developing front-court player



Anthropometric profile including a somatotype of a world class back-court player

Optimal stability of major joint complexes including the clavicle, scapula and lower leg limbs

Dynamic range of motion and neuro-muscular flexibility in all joints

Injury rate and time spent out of training is consistently kept low



Anthropometric profile including a somatotype of a world class front-court player

Optimal stability of major joint complexes including the posterior spine and lower leg limbs

Dynamic range of motion and neuro-muscular flexibility in all joints

Injury rate and time spent out of training is consistently kept low



Underpinning this is **Basketball Australia anthropometry & musculoskeletal testing standards, benchmarks** and individual case management





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# ATHLETE CHARACTERISTICS

## *Physiological Attributes*

### FOUNDATION

### PRE-ELITE

### ELITE



Back-court  
Players



Front-court  
Players



No emphasis on  
basketball  
specific  
physiological  
attributes



No emphasis on  
basketball  
specific  
physiological  
attributes.  
Emphasis is on  
sport-specific skill  
acquisition and  
injury  
minimisation



Demonstrating  
the basic factors  
of fitness for  
Basketball  
performance  
including speed,  
endurance,  
strength, power  
and flexibility



Display's potential and shows signs of  
having good aerobic endurance,  
speed, agility and repeat effort ability



Maturational consideration is taken  
into account with physiological and  
positional profile



Committed to and displays an increase  
in aerobic endurance, repeat effort  
ability, agility, upper & lower body  
strength, lower-body power and a  
physiological profile of a back-court  
player



Committed to and displays an increase  
in aerobic endurance, repeat effort  
ability, agility, upper & lower body  
strength, lower-body power and a  
physiological profile of a front-court  
player



Has a physiological profile of a world class back-court player

Can repeat maximal efforts with limited recovery at  
significant speed

Displays high multidirectional acceleration

Optimal lower-body strength and power



Has a physiological profile of a world class front-court player

Strong upper and lower body strength and lower body  
power to combat front-court players

Can repeat maximal efforts with limited recovery at  
transition speed

Displays significant multidirectional agility



Underpinning this is **Basketball Australia's and State  
Associations testing protocols and standards**

Underpinning this is **Basketball Australia's CoE, Boomer & Opals testing protocols and standards**





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# ATHLETE CHARACTERISTICS

## Technical & Tactical

### FOUNDATION

### PRE-ELITE

### ELITE



All players



Emphasis on basic fundamental movement skills including locomotor, object control, aquatic and acrobatic skills



Introduction to ball handling, dribbling, passing, catching, shooting, body movement, footwork and defence



Improvement and execution of core skills – dribbling, passing, body movement, shooting and lay-ups

Introduction to defence off the ball, team offence and team defence



Demonstrates basic fundamentals including body movement, passing & receiving, dribbling, shooting technique and lay-ups.

Ability to coordinate individual defence including positioning, stance, movement and footwork

Ability to lead individual offence including ball handling, leading from the perimeter, leading from the post and shooting

Ability to run offensive team plays including cuts, screens, transition, fast breaks and motion offense versus zone defences

Ability to effectively contribute to team defensive plays including communication, defending screens, transitions, man-to-man, roles and rotations



Development of optimal technique for key skills through an increase in training volume and intensity

Increased focus on positional play and executing optimal technique for specialised position

Increased focus on executing tactical skills in training sessions and in game/competition situations.

Thorough understanding on positional role during all plays



Consistently demonstrates an ability to execute technical skills under fatigue and pressure in varying competitive environments and game situations

Can adapt and refine technique when experiencing the 'yips' to successfully execute the skill

Consistently executes team tactics when under pressure and fatigue under different competitive environments and game situations

Players can objectively analyse and read opposition plays and tactics and react appropriately on-court.



Underpinned by Basketball Australia's Aussie Hoops & State Associations Junior Skills Curriculum

Underpinned by Basketball Australia's NITC Competency Based Core Curriculum

Underpinned by Basketball Australia's Centre of Excellence Competency Core Curriculum

Underpinned by the skill profile and tactics of Boomer & Opal teams





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# ATHLETE CHARACTERISTICS

## *Developmental Background*

### FOUNDATION

### PRE-ELITE

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All Players



Learning and executing a full repertoire of fundamental movement skills including locomotor, object control, aquatic and acrobatic skills



Participation in deliberate play activities such as one-on-one or similar games in the school yard, outdoor half court or at home to promote problem solving, creativity and diversification



Sampling a number of sports to maximise development of a full range of sporting skills, promoting adaptability and minimising the likelihood of overuse injuries



Continued development and participation in deliberate play practices to promote innovation, imitation and individual flair  
Further exposure to sport sampling to assist with the development of an extensive and quality training history and the progression of skill development



Sport-specific commitment to basketball and the development of an extensive and quality training history

Commitment to appropriate competition experiences taking into account maturational status



Focused and committed to maintaining a quality training environment that replicates world class standards

Appropriate training loads and periodisation to assist the player with minimising the likelihood of injury and maximising the likelihood of optimal performance in each and every game



Ability to adapt and re-invent themselves after a significant injury or form slump to remain or to return to being a world-class player and replicating and sustaining previous performance levels

In line with best practice and evidence regarding sport sampling & deliberate play

In line with best practice regarding sport specialisation, commitment and an investment into achieving higher levels of sport performance





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# ATHLETE CHARACTERISTICS

## *Psychological Skills & Attributes*

### FOUNDATION

### PRE-ELITE

### ELITE



All Players



No psychological skills or attributes displayed or developed



No performance psychological skills or attributes developed. An emphasis placed on fun, enjoyment and the development of social skills



Basic understanding and adoption of self-regulation strategies such as goal setting



Demonstrated elements of mental toughness, coping skills, self-confidence, self-regulation and coachability through coaches' eye



Confirmation that a player possesses elements of mental toughness, coping skills, self-confidence, commitment, self-regulation and coachability in training and competition



Further development of psychological characteristics through training and competition experiences and exposure to performance psychology, such as goal setting, maintaining concentration, relaxation techniques and imagery



Possesses a favourable and robust complement of psychological skills and attributes that results in consistent competitive performances

Is mentally resilient and has the ability to absorb multidirectional pressures from team, coaches, opposition, family, friends, media, fans and the general public



Underpinned by Basketball Australia's scouting reports and processes

Underpinned by Basketball Australia NITP/CoE education & standards

Underpinned by Boomers & Opals team values and individual performance plans





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# ATHLETE CHARACTERISTICS

## *Personal Excellence Qualities*

### FOUNDATION

### PRE-ELITE

### ELITE



All Players



No Personal Excellence skills or attributes displayed or developed



Demonstrating a basic understanding of the importance of health and fitness and how this applies to sport and wellbeing



Exhibiting ASPIRE values of Attitude, Sportsmanship, Pride, Individual responsibility, Respect and Express yourself  
(Replace with Basketball Values – Not AOC)

Exhibiting desirable behaviours representing leadership, a strong work ethic and dedication to success

Demonstrating effective time management skills enabling them to balance sport and school/university/work

Communicating effectively with parents, coaches, teachers and peers

Identifying their support network (e.g. parents) and utilising them when necessary



Exhibiting ASPIRE values of Attitude, Sportsmanship, Pride, Individual responsibility, Respect and Express yourself  
(Replace with Basketball Values – Not AOC)

Demonstrating good knowledge and application of lifestyle management including sport life balance, managing stress and making informed decisions

Understanding the importance of long-term career planning and creating timelines and contingency plans

Demonstrating effective leadership, communication, team building and conflict management skills

Demonstrating appropriate use of social media



Exhibiting ASPIRE values of Attitude, Sportsmanship, Pride, Individual responsibility, Respect and Express yourself  
(Replace with Basketball Values – Not AOC)

Demonstrating strong public speaking and media skills, leadership and acting as a role model for other athletes

Demonstrating 'personal excellence behaviours' (e.g. well balanced and self-managed) that display their commitment to and understanding of the concept of being a high performance athlete in training, competition and tour environments

Underpinned by Basketball Australia's Values and Personal Excellence Road Map



# ENVIRONMENTAL ELEMENTS



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competition



Coaching Delivery



Camps &  
Tours



Training  
Environment



SSSM  
support





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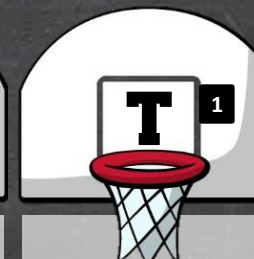
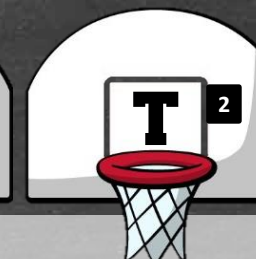
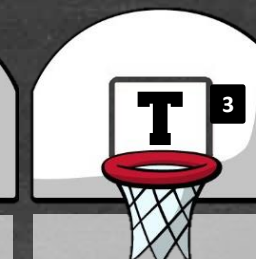
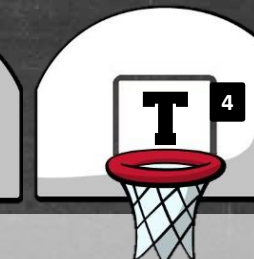


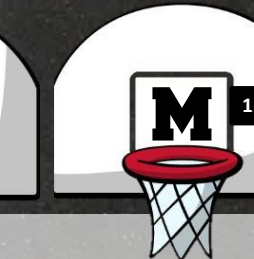
# ENVIRONMENTAL ELEMENTS

## Coach Delivery

### FOUNDATION

### PRE-ELITE

### ELITE

										
High Quality Coaching Support	Evidence-based fundamental movement skills curriculum delivered by parents, teachers and instructors	Evidence-based and holistic coaching delivered by development officers, club and school-based coaches	Evidence-based and holistic coaching delivered by club coaches	Evidence-based and holistic coaching delivered by State and NITP coaches.  Athlete progression and results stored within the Athlete Management System		Evidence-based and holistic coaching characterised by strong sport-specific knowledge and strong inter and intra-personal skills delivered by National CoE Coaches  Effective athlete monitoring, integration of inter-disciplinary expertise and management of athlete-coach relationship		Evidence-based and holistic coaching characterised by strong sport specific knowledge and strong inter and intra-personal skills  Effective athlete monitoring, integration of inter-disciplinary expertise and management of athlete-coach relationship		
Delivery & Competency Level	Not Applicable	Appropriate qualified coaches, with clearance to work with children. The delivery emphasis is on fun, participation and skill acquisition	Club Team – Appropriate National accreditation and providing age-appropriate sessions <b>face-to-face 1-3 times per week</b>	NITP – National accredited coaches that specialise in talent and athlete maturational development. <b>Weekly face-to-face contact</b> or a camps based environment		CoE – National accredited coaches that specialise in talent and athlete maturational development. Daily face-to-face contact when in centralised environment  Club Team – Appropriate league level coach with semi-professional <b>(3-5 times a week)</b> face-to-face contact		Boomers & Opals – <b>Accredited FIBA International Level Coach</b> and face-to-face delivery with Head Coaches & Assistant coaches in camp and tournaments. Monitoring and electronic communication when athletes are with their home teams  Club Team – Appropriate league level coach with daily face-to-face contact with Head Coaches & Assistant Coaches during the season		
	Underpinned by BA Coach Accreditation Levels			Underpinned by BA <b>NITP Curriculum</b> & BA Coach Accreditation Levels		Underpinned by BA <b>CoE Curriculum</b> & BA Coach Accreditation Levels		Underpinned by BA's High Performance vision for the Boomers & Opals current & future performance cycles		





# ENVIRONMENTAL ELEMENTS

## Training Environment

### FOUNDATION

### PRE-ELITE

### ELITE

										
Training Focus	No training. Focus on fundamental movement skills	The focus is on skill acquisition and development through deliberate play and structured training sessions	The focus is on skill acquisition and development and executing this in game situations. Training should be maturation and skill appropriate	There is no training focus, but a focus on identifying the right talent that has the potential attributes and characteristics to become a Boomer or Opal	There is no training focus, but a focus on confirming the right talent that has the potential attributes and characteristics to become a Boomer or Opal	Centre of Excellence daily performance environment is focused on creating Boomers & Opals	EMUs & Gems daily performance environment is focused on creating Boomers & Opals	Boomers & Opals daily performance environment is outsourced to their contracted club.  Ecological training strategies promoting athlete skill progression and adaptability under competition-like context, fatigue and variable environmental constraints  Effective load management and appropriate frequency and timing of tapering relative to key competitions/games		
Training Facilities & Equipment	No access to training facilities required.	Players should have variable access to a basketball ring or hoop at staged training sessions with a ball to player ratio of 1:2	Players should have access to an indoor or outdoor half court for all training sessions with a ball to player ratio of 1:2	Players should have access to a FIBA approved basketball court for training sessions with a ball to player ratio of 1:1		Players should have access to a FIBA approved basketball court for training sessions. Players should have access to treatment and recovery facilities with a ball to player ratio of 2:1		Players should have access to a FIBA approved basketball court(s) for closed and opened sessions. The training facility should have treatment rooms. Players should have access to recovery and body maintenance equipment and/or facilities with a ball to player ratio of 4:1		
Underpinned by BA's Participation & Coach Education vision			Underpinned by BA NITP Curriculum			Underpinned by BA CoE Curriculum		Underpinned by best practice and providing the optimal training environment		






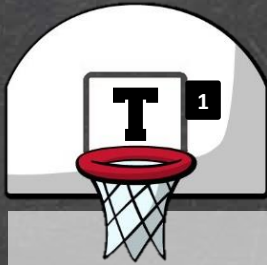






# ENVIRONMENTAL ELEMENTS

## Competition

### FOUNDATION

### PRE-ELITE

### ELITE

										
Appropriate Level of Competition	No competition	No formal competition with scores or statistics recorded. Focus on skill development and participation	Senior & Junior Club Competitions  School Competitions  Underage state leagues or championships	Talent can be identified and confirmed at the following competitions:  Basketball Australia 14, U16, U18 & U20 Championships & Australian School Championships  Flexible competitive formats at F3 (e.g. playing versus older peers) to foster skill progression of talented athletes		FIBA U17 World Championships (Men & Women)  SEABL (Men)  Big V, Waratah, QBL, SBL, CABL (Men & Women)  NCAA (Men & Women)	FIBA U19 World Championships (Men & Women)  NBL & SEABL (Men)  WNBL (Women)	Olympic Games & FIBA World Championships (Men & Women)  NBA, NBL & Euroleague (Men)  WNBA & WNBL (Women)		
Amount of Competition	No competition	No competition	For under-age players a focus should be on development rather than <b>game maximisation</b> . Adult club players have the ability to handle multiple weekly games	Talented athletes during these stages can be playing for their club, school, association and state teams simultaneously. It's important for each coach to monitor the load to ensure the athlete doesn't suffer from burnout		A male and female player's body should be able to handle the rigour of a domestic season and an under-age international season. For adolescent athletes player loading should be carefully monitored ( <b>is there a games maximum cap or guidelines?</b> )		A male player's body should be able to handle the rigour of an NBA season (82 games, plus playoffs) and an international season (10+ games)  A female player's body should be able to handle the rigour of a WNBA season (34 games, plus playoffs), a WNBL season (24 games, plus playoffs) and an International season (10+ games)		

Affiliated Associations & Leagues conducted in accordance with State Member & Basketball Australia Competition Rules

Professional & Semi-Professional Leagues conducted in accordance with FIBA or own independent Competition Rules





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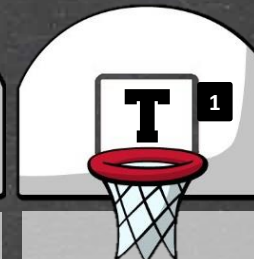
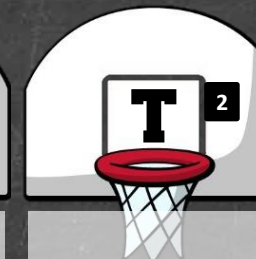
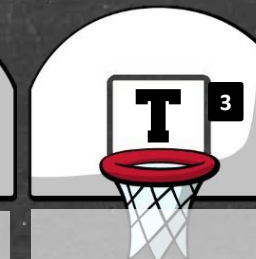
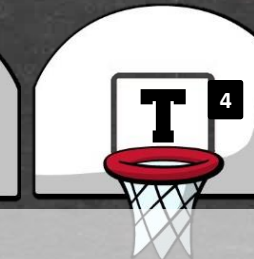


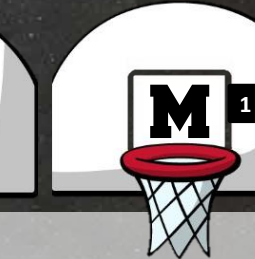
# ENVIRONMENTAL ELEMENTS

## *Camps & Tours*

### FOUNDATION

### PRE-ELITE

### ELITE

										
Appropriate Types of Camps & Tours	No camps or tours	External providers & clubs may provide holiday camps (i.e Australian Sports Camps)	External providers, clubs and associations may provide basketball specific weekend or holiday camps	State Associations and Basketball Australia conducting talent identification testing days and sessions for NITP	State Associations confirming talent at training camp prior to awarding NITP scholarship	CoE & NITP athletes experiencing international tours for competition and exposure	Underage National Teams participating in pre-departure and preparation camps	Boomers camps and tours are prioritised for preparation for benchmark events	Opals camps and tours are prioritised for preparation for benchmark events	
Content & Camp Deliverables	No camps or tours	Basic FUNdamentals and providing all participants with a positive experience	Camp focus to be holistic on skill acquisition in all offensive and defensive areas.	Identification and Confirmation content to focus on the NITP & CoE Core Skills Curriculum		Camp & Tour content to focus heavily on transitional development to enable the athlete to develop the right attributes and characteristics to progress onto the next phase of the pathway		Boomers camps to focus on team plays, team values, bonding, tournament logistics and operations	Opals camps to focus on team plays, team values, bonding, tournament logistics and operations	

Content based on NITP guidelines

Tours & camp content based on international federation programming, club commitments, player availability and in line with coaches vision/philosophy



# ENVIRONMENTAL ELEMENTS

## Athlete Performance Services

### FOUNDATION

### PRE-ELITE

### ELITE

	F <sup>1</sup>	F <sup>2</sup>	F <sup>3</sup>	T <sup>1</sup>	T <sup>2</sup>	T <sup>3</sup>	T <sup>4</sup>	E <sup>1</sup>	E <sup>2</sup>	M <sup>1</sup>
Personnel		Not applicable			TBC			Basketball Australia Performance Manager???		
								(Who is ultimately responsible for the strategic and operational overview of service provision?)		
Support	Not applicable			Athlete data stored on the Athlete Management System		Individual Performance Plan in place Monitoring through the Athlete Management System		Regular Individual Performance Plan and Athlete Management System monitoring Regular multi-disciplinary meetings		
Education Focus	Not applicable		Basic educational resources made available	Focus is on the development of contemporary talent identification and confirmation protocols		Individualised multi-disciplinary athlete case management and athlete education		Individualised multi-disciplinary athlete case management with service provision both domestically and internationally		



Psychology



Personal  
Excellence



Medical



Nutrition



Strength &  
Conditioning



Physiotherapy



Skill Acquisition &  
Biomechanics



Physiology





# ATHLETE PERFORMANCE SERVICES

## Psychology










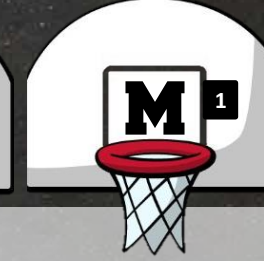


RETURN TO  
SERVICES

### FOUNDATION

### PRE-ELITE

### ELITE

										
Personnel	Not applicable		Club Coaches	National pre-elite coaches, recruiters and performance psychologists		Psychologists from the National Institutes Network & Club providers		Basketball Australia National Lead & Club Providers		
Support	Not applicable			Provide guidance on talent identification and confirmation protocols and characteristics		Individualised performance psychology case management		Individualised performance psychology case management		
Education Focus	Not applicable			Basic introduction & education on self-regulation strategies such as goal-setting provided through <b>online resources such as fact sheets</b>		Education on performance psychology skills and strategies provided through online resources and confirmation camps		Individualised performance psychology development		

Underpinned by the Service Agreements between Basketball Australia and the National Institutes Network. Outlined in the Basketball Australia Player Contracts and the Individual Performance Plans



# ATHLETE PERFORMANCE SERVICES

## Personal Excellence



RETURN TO  
SERVICES

### FOUNDATION

### PRE-ELITE

### ELITE

Personnel	Not Applicable		Club Coaches & Team Managers	National pre-elite coaches and Personal Excellence Advisors from the National Institutes Network		Personal Excellence Advisors from the National Institutes Network & Club Providers		Basketball Australia National Lead, Club Providers & Player Associations		
Support	Not applicable				Contact for athletes to seek assistance on areas both inside and outside of sport (dual career, selection/non-selection, orientation to High Performance Pathway, relocation, significant others)			Contact for athletes to seek assistance on areas both inside and outside of sport (dual career, selection/non-selection, orientation to Benchmark Events, relocation, retirement, significant others)		
Education Focus	Not applicable		Education on the importance of having a dual career and sport life balance through <b>online resources such as fact sheets</b>		Education on the importance of having a dual career and sport life balance through online resources and confirmation camps		Education relating to: Using the Athlete Management System (AMS), anti-doping, match fixing, career development, dAIS funding, athlete agreements, celebrating responsibly, financial literacy, sponsorship, personal brand and modern media – delivered through induction programs at camps			

Basketball Australia's Personal Excellence area is underpinned by it's **PE Road Map**



# ATHLETE PERFORMANCE SERVICES

## Medical






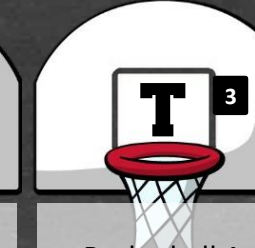






RETURN TO  
SERVICES

### FOUNDATION

### PRE-ELITE

### ELITE

										
Personnel	Not applicable	Program First Aid Officers	Club First Aid Officers	Sports Physicians who are qualified and comply policies		Basketball Australia National Lead & Club Doctors who are qualified and comply with anti-doping, supplementation, medication & injection policies				
Support	Not applicable			Provide guidance and/or administer Medical screenings		Medical Screenings and injury prevention and management		Medical screenings and individualised injury prevention and case-management		
Education Focus	Not applicable			Basic education on injury prevention, management & anti-doping provided through online resources such as fact sheets		Education on use of prescription medications and supplements				

Underpinned by Basketball Australia's Anti-Doping Policy, Blood Policy, Illicit Drugs in Sport Policy, [Supplementation Policy](#), [Injection Policy](#), [Medical Screening protocols and individual tour handbooks or program inductions](#)



# ATHLETE PERFORMANCE SERVICES

## Physiotherapies



RETURN TO  
SERVICES

### FOUNDATION

### PRE-ELITE

### ELITE

Personnel	Not Applicable		Parents & club coaches	Sport Science & Sport Medicine practitioners		Basketball Australia National Lead & accredited & recognised physiotherapists		Basketball Australia National Lead Physiotherapist & Club Physiotherapist		
Support	Not Applicable				Yearly medical and functional movement screening prior to entering CoE or NITP	Yearly medical and functional movement screening Coordination with S&C to implement injury prevention and management strategies Individualised physiotherapy servicing		Yearly medical and functional movement screening Coordination with S&C to implement injury prevention and management strategies Individualised physiotherapy servicing including performance enhancement		
Education Focus	Not Applicable		Basic education on injury prevention and management such as warm-up, stretching and self massage	Education on injury prevention and management (Elaborate on 1-2 areas of focus – Tony Ward?)		Education on injury prevention and management (Elaborate on 1-2 areas of focus – Tony Ward?)		Education on injury prevention and management (Elaborate on 1-2 areas of focus – Tony Ward?)		

Underpinned by the Service Agreements between Basketball Australia and the National Institutes Network. Outlined in the Basketball Australia Player Contracts and the Individual Performance Plans



# ATHLETE PERFORMANCE SERVICES

## Strength & Conditioning



RETURN TO  
SERVICES

### FOUNDATION

### PRE-ELITE

### ELITE

Personnel	Not Applicable		Club coaches	Qualified S&C Coaches in Universities & National Institutes Network		Basketball Australia National Lead, Qualified S&C Coaches at Clubs, National Institutes Network or private professionals				
Support	Not Applicable			S&C screening for sport-specific whole body conditioning		Individualised strength & conditioning program with on-going monitoring and a focus on technical correction		Individual strength & conditioning program with on-going monitoring		
Education Focus	Not Applicable		Basic education on strength & conditioning principles through online resources such as fact sheets	Group education on strength training principles and load management		Education on strength training principles, lifting techniques and load management		Education on strength training principles, lifting techniques and load management		

Underpinned by Basketball Australia's Strength & Conditioning programs, tracked by Basketball Australia's Athlete Management System and incorporated into the Individual Player Plans



# ATHLETE PERFORMANCE SERVICES













RETURN TO  
SERVICES

*Nutrition*

## FOUNDATION

## PRE-ELITE

## ELITE

										
Personnel	School Curricula & National & State based organisations		Parents, club & underage coaches	Accredited Sport Dietitian, parents and coaches		Basketball Australia National Lead, Club Nutritionists and Nutritionists from the National Institutes Network				
Support	Mass market resources		Group education focused on parent and coach upskilling	Group education focused on parent and coach upskilling		Individual nutrition assessment and follow-up as required in the Daily Training Environment		Individual nutrition assessment and follow-up as required in the Daily Training Environment  On-going monitoring and advice		
Education Focus	Education on healthy eating based on the Australian Dietary Guidelines for Children & Adolescents. Major focus on Food literacy		Group education on nutrition for active individuals with a focus on whole food & lifelong healthy eating. Introduction to eating for requirement (basic sport nutrition)	Group practice based nutrition education focused on key performance nutrition practices.  Introduction to supplemental sport foods and risk of supplement use		Group education in development camp environments with a focus on development of performance nutrition practices.  Individual follow-up with Daily Training Environment service provider to refine and develop with coach input		Periodisation of training nutrition to optimise training adaptations  Introduction and refinement of performance supplement practices based on competition and training demands		

Based on research and best practice. Underpinned by the Service Agreements between Basketball Australia and the National Institutes Network. Outlined in Basketball Australia's Individual Performance Plans (if required).



# ATHLETE PERFORMANCE SERVICES

*Physiology*



RETURN TO  
SERVICES

## FOUNDATION

## PRE-ELITE

## ELITE

Personnel	Not Applicable		Club coaches	National Institute Network Physiologists & National Pre-Elite Coaches		Basketball Australia National Lead, Club Physiologists/Sport Scientists and National Institutes Network Physiologists				
Support	Not Applicable			Laboratory and field testing of pre- elite athletes		Individualised testing in training at national camps or at the CoE. Individual clubs may adopt their own testing regime		Individualised testing in training and competition at national or international camps and competitions		
Education Focus	Not Applicable		Basic education on fitness and methods of training	Basic education on fitness and methods of training (1-2 points by Lead Physiologist)		Intermediate education on fitness, training, testing and related performance/physiological issues (1-2 points by Lead Physiologist)		Advanced education on fitness, training, testing and related performance/physiological issues (1-2 points by Lead Physiologist)		

Underpinned by Basketball Australia's physiological testing protocols

Underpinned by CoE & NITP physiology  
standards

Underpinned by Boomers & Opal physiology standards



# ATHLETE PERFORMANCE SERVICES

*Skill Acquisition*



RETURN TO  
SERVICES

## FOUNDATION

## PRE-ELITE

## ELITE

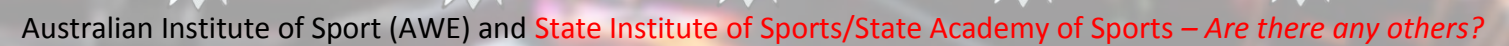
										
Personnel	Not Applicable		Club coaches	Skill acquisition specialists from NIN and pre-elite coaches		National Lead & Skill acquisition specialists from NIN & National Coaches		Basketball Australia National Lead & Skill acquisition specialists from the National Institutes Network, and National Coaches		
Support	Not Applicable		Group education focused on parent and coach upskilling	Provide guidance on talent identification testing	Provide guidance on talent confirmation testing	Adhoc support to coach and athlete primarily in camp environment for national under-aged teams  Individualised servicing of coach & athlete for CoE		Individualised servicing of coach and athlete		
Education Focus	Not Applicable		Basic coach education on value of deliberate play and diversification  Introduction to giving athletes instruction and feedback and how to organise practice to promote leaning	Basic coach education on models of skill learning  Basic understanding of core principles of instruction, practice and feedback	More detailed coach education on key principles of instruction, practice and feedback  Introduce self-regulated learning model to coaches/athletes	Commence in situ coach education on core principles of instruction, practice and feedback (including effective use of technology)		Solutions to specific problems identified by the coach/athlete		
Aligned with the educational curriculum within Basketball Australia's Coaching Accreditation								Adopting best practice and innovative solutions		





# Athlete Focus

# ELITE



<b>Partnerships</b>	Australian Sports Commission (Play.Sport.Australia) – <i>Are there any others?</i>	Australian Institute of Sport (AIS) and <i>State Institute of Sports/State Academy of Sports – Are there any others?</i>		
<b>Focus</b>	Innovation & research that assists with maximising engagement & enjoyment of participant's experiences at all levels	Innovation & research that assists with refinement and enhancement of talent identification & confirmation strategies	Innovation & research that assists with the development and progression of talent athletes (i.e. skill acquisition, deliberate programming, etc)	Innovation & research that will provide players and teams with a competitive advantage over their rivals
<b>Data Mining/ Analytics</b>	Data collected on participants experiences and used to increase participant satisfaction	AMS data collected to validate and predict future talent	AMS data collected to enhance athletic development	AMS data collected to monitor athlete welfare and loading. Analytics used to track player and game trends
<b>Projects</b>	Innovative projects are based on trends or best practice. Basketball Australia projects will be articulated in their Participation Plan or Operational Plan	Innovative projects are based on trends or next practice. Basketball Australia projects will be articulated in their High Performance Plan or Operational Plan		
<b>Literature Research or PhD Students</b>	Subject matter experts and literature reviews will be used to enhance participation products.	Subject matter experts and literature reviews will be used to improve talent identification practices, athletic development and basketball specific or high performance practices. PhD students or research will be articulated in Basketball Australia's High Performance Plan given its short-medium term nature.		





Basketball  
*everyone's game*