



# **BRISBANE CAPITALS JUNIOR REPRESENTATIVE PROGRAM**

## **Coach Application Guidelines**

Considerations before making application to join the Brisbane Capitals Junior & Senior Representative team program.

1. Be sure to have a read and understood the Coach Selection Policy.
2. Have your Coach Accreditation and Blue Card information on hand.
3. Be mindful of the coaching context applying for and the considerations/commitment required

### **BRISBANE CAPITALS – COACHING PHILOSOPHY**

1. Athlete Centred
2. Needs Supported (Supporting athletes – competence, autonomy and relatedness)
3. Long-term Player Learning and Development Focused
4. Strive to Win.

### **BRISBANE CAPITALS – STYLE OF PLAY**

- Offence: Push/Poise/Payoff
  - Fast Break basketball and Motion Offensive Systems
- Defence: Percentage/Transition/Pressure/Possession
  - Player to Player pressure defence.

### **SELECTION PROCESS**

- Applications open Wednesday April 27<sup>th</sup>.
- Applications close Thursday May 11<sup>th</sup>
- Applications reviewed by Selection Panel third week of May (16<sup>th</sup> – 20<sup>th</sup>).
- Recommendations submitted to Management Committee for ratification May 26<sup>th</sup>
- Envisage appointments for U18 Head Coach position will be announced Late May. And U12 – U16 & U21 Coaches to be announced
- Assistant Coach appointments to be announced towards the End of June

## COACHING CONTEXT

Age Group: **U12 GOLD, SILVER, BRONZE; U14 SILVER, BRONZE** (male/female)

Example Coach Skills/Knowledge for age group

- Passion for “holistic” player development
- Ability to establish a fun, competitive and enjoyable learning environment with an inclusive development focus
- Ability to teach basic offensive motion concepts (spacing, positioning, player and ball movement, and timing/synchronising of movement) and player-to-player defensive principles (Stance, Positioning, Ball Pressure, Stop Penetration, Movement, Communication and Vision)
- Suitably planned and organised throughout season (each coach is required to prepare a session plan with session evaluation/review).
- ***Enjoy collaborating with peers to improve talent development pathway***

Age Group: **U14 GOLD, U16 GOLD & U16 SILVER** (male/female)

Example Coach Skills/Knowledge for age group

- Encourage players to display sportsmanship and show respect to team mates and opposition through the demonstration of leadership and modelling appropriate behaviours
- Develop sport specific and certain positional skills in ALL players (including decision making and game awareness skills) being mindful of each player’s long-term development – committed to holistic player development.
- Experience and skill in teaching the transition game, motion offensive systems (i.e. Read & React; Dribble Drive; Princeton Motion Offence; Pairs Motion Offence) and the development of pressure “player-to-player” defence (i.e. Capitals “Pack” Defence).
- Ability to give appropriate technical correction and prescriptive feedback
- ***Enjoy collaborating with peers to improve talent development pathway***

Age Group: **U18 GOLD, SILVER; U21 GOLD** (male/female)

Example Coach Skills/Knowledge for age group

- Demonstrate enthusiasm in practice and foster a training environment that nurtures athlete learning and motivation.
- Ability to structure practices purposefully, with well defined learning goals to improve player performance levels
- Skilled at generating competitive situations to improve player performance with an emphasis on decision-making, skill execution and physical fitness.
- Expertise for teaching the transition game, motion offensive concepts (i.e. Read and React, Dribble Drive, Princeton Motion Offence, Pairs Motion Offence) and refinement of pressure player-to-player defence (i.e. Capitals “Pack” Defence).
- ***Enjoy collaborating with peers to improve talent development pathway***

## **BRISBANE CAPITALS – ATHLETE DEVELOPMENT MODEL (OVERVIEW)**

The Brisbane Capitals Performance Program “Plan” will be released soon. This plan outlines the direction of the Brisbane Capitals representative teams and expectations of coaches related to the Brisbane Basketball Coaching Philosophy. The plan is in place to support the Player-Centred, Needs Supported and, Long Term Learning and Development focus of players within the program. It is an expectation of Brisbane Basketball Inc. that all coaches involved in the Brisbane Capitals Performance Program understand and support the Plan. The following information is an extract from that plan regarding the Brisbane Capitals Athlete Development Model and considerations thereof.

### **Objectives U12 – U16 Silver:**

- Refine fundamental movement skills (FMS) and develop fundamental basketball skills (FBS) within a safe and inclusive basketball environment that promotes self-confidence, participation and fun.
- Provide tasks that are diverse and appropriately challenging, be flexible to allow for children’s input, provide recognition of individual players, group players according to needs and abilities, encourage self-referenced evaluation, provide adequate time for tasks and appropriate pace of instruction.
- Introduce simple tactics and strategies systematically in practice that will be applied in modified games, with a game sense/games for understanding approach.
- Introduce general physical fitness training (speed, agility and quickness) and mental skills training (goal setting, visualisation and self-talk).

### **Objectives U16 Gold – U21:**

- Deliberate practice activities designed to develop player competence.
- Development of player’s pattern-recognition, problem-solving and decision-making skills.
- Balance deliberate practice with deliberate play activities enables athletes continued motivation for basketball through enjoyment.
- Strong focus on holistic player development, balanced with specialisation of certain position specific skills.
- Refinement of player’s competence in mental skills (such as imagery and goal setting).
- Empower players to contribute to the development of not only our club, but also our local community.

## **SEASON STRUCTURE**

Number of games:	20-28 games (including state championships), plus an emphasis on deliberate play and games for understanding during practice.
Number of practices:	Approx. 50 practices
Practice to competition ratio:	70% practices and 30% games (2 practices to 1 game).
Practice Content:	To encourage player development at the younger age groups, practices are structured to incorporate high amounts of deliberate play (encouraging guided self-discovery). In the older adolescent age groups, an infusion of deliberate play activities at practice enables athletes continued motivation for basketball through enjoyment.
Frequency of practice:	1 – 2 practice sessions per week (approx. duration 90mins).

## Brisbane Capitals: Athlete Development Model – Overview

Stages of Development	Learn to Train (L2T) Sampling	Train to Train (T2T) Sampling/Specializing	Train to Compete (T2C) Specializing/Investment	Train to Win (T2W) Investment
<b>Age</b>	8 – 11yrs (Female) 9 – 12yrs (Male)	11 – 15yrs (Female) 12 – 16yrs (Male)	15 – 19yrs (Female) 16 – 20yrs (Male)	18 and Over
<b>Brisbane Capitals Teams</b>	U12's Gold, Silver & Bronze U14's Silver & Bronze	U14 Gold U16 Silver & Gold – ID's Players U18 Silver – ID's Players	U16 Gold U18 Gold U21 & SBL	U18, U21 & SBL – ID's Players QBL
<b>Aim</b>	<i>To intro and learn the basic basketball skills while still emphasizing fundamental movements skills in a fun all-inclusive environment</i>	<i>To introduce the basic technical and strategic parts of basketball with a more structured approach</i>	<i>To introduce players to all aspects of the game, and begin to refine all technical aspects and most strategic components</i>	<i>Emphasis on Mastery as refinement still exists. Improvements can always be made on all technical &amp; tactical areas of an athlete's career.</i>
<b>Summary</b>	<ol style="list-style-type: none"> <li>1. Emphasis on general physical conditioning</li> <li>2. Shoulder, elbow, core, spine and ankle stability</li> <li>3. Fundamental Basketball Skills (FBS) progressively more specific skills towards the end of the stage</li> <li>4. Fundamentals of tactical preparation</li> <li>5. Participation in complementary sports</li> <li>6. Individualisation of fitness and technical training</li> <li>7. Introduction to mental preparation</li> <li>8. Fundamentals of 'ancillary capacities'</li> </ol>		<ol style="list-style-type: none"> <li>1. Basketball and individual specific conditioning</li> <li>2. Shoulder, elbow, core, spine and ankle stability</li> <li>3. Basketball specific technical and playing skills under competitive conditions</li> <li>4. Advanced tactical preparation</li> <li>5. Individualisation of technical – tactical skills</li> <li>6. Advanced mental preparation</li> <li>7. Basketball and individual specific 'ancillary capacities'</li> </ol>	
<b>Session Considerations</b>	<ol style="list-style-type: none"> <li>1. Sport specific training four (4) times per week, with participation in other sports</li> <li>2. Session should be 60-90minutes in duration.</li> <li>3. Volume (session duration) should reduce as practice intensity progressively increases based on a single periodization model.</li> </ol>		<ol style="list-style-type: none"> <li>1. Sport specific technical and tactical fitness training 6-9 x per week.</li> <li>2. Sessions should be 90-120mins in duration</li> </ol>	

			<p>3. Volume (session duration) should reduce as practice intensity progressively increases based on a double or multiple periodization models.</p>	<p>3. Volume (session duration) should reduce as practice intensity progressively increases based on a triple or multiple periodization models.</p>
<p><b>Technical, Tactical and Game Considerations</b></p>	<ol style="list-style-type: none"> <li>1. Balanced court time</li> <li>2. Every player has opportunity to start game/quarter/half, and finish game/qtr/half, play in tight situations.</li> <li>3. Every player learns all basketball skills.</li> <li>4. Intro and develop Brisbane Capitals Expected Proficiencies</li> <li>5. NO FULL COURT PRESSING DEFENCES until players can demonstrate competency in full court man to man defence (rotation and recovery)</li> <li>6. Consider BALLSCREENS once players can demonstrate proficiency in 1 on 1 with and without the ball and ability exploit the advantage situation.</li> </ol>	<ol style="list-style-type: none"> <li>1. GOLD player court time is not guaranteed.</li> <li>2. Silver &amp; Bronze (Participation) Balanced Court time where possible</li> <li>3. Intro and develop Brisbane Capitals Expected Proficiencies</li> <li>4. Emphasis on man to man defence and (constraint led) motion offences.</li> <li>5. NO PRESSING DEFENCES until players can demonstrate competency in full court man to man defence (rotation and recovery)</li> <li>6. Consider BALLSCREENS once players can demonstrate proficiency in 1 on 1 with and without the ball and ability to exploit advantage situation</li> </ol>	<ol style="list-style-type: none"> <li>1. GOLD player court time is not guaranteed.</li> <li>2. Consolidate and refine Brisbane Capitals Expected Proficiencies</li> <li>3. NO ZONE DEFENCE until players can demonstrate competency in man to man defence.</li> <li>4. <i>Additional points Still Underdevelopment</i></li> </ol>	<ol style="list-style-type: none"> <li>1. Player court time is not guaranteed.</li> <li>2. Master Brisbane Capitals Expected Proficiencies</li> <li>3. <i>Additional points Still Underdevelopment</i></li> </ol>

## PROGRAM CONSIDERATIONS AND COMMITMENTS

### Under 18's

- Coach Induction: June 1<sup>st</sup> or 2<sup>nd</sup>.
- Trials: June 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>
- Team Practice and Capitals Camps:
  - Term 3 (July 17<sup>th</sup> – Sept 11<sup>th</sup>): One Session per week (Sunday, possible move to Thursday in September)
  - Spring Holidays: Brisbane Capitals Performance Camp (bottom aged U18's only)
  - Term 4 (Oct 4<sup>th</sup> – Dec 3<sup>rd</sup>): Two Sessions per week (Monday and Thursday evenings)
  - Term 1 (Jan 26<sup>th</sup> – March 16<sup>th</sup>): One Session per week (Thursday evenings)
  - Summer Holidays, we recommend U18 teams have two camps in January in the lead up to the U18 State Championships. We require the following time period off for Christmas & New Year's (Dec 19 – Jan 1<sup>st</sup>). We also recommend promotion of December as an option for summer holiday travel for parents in the age group to ensure players are available for State Championship preparations in January.
- BQJBC Grading: September 3<sup>rd</sup> & 4<sup>th</sup>, and 10<sup>th</sup> & 11<sup>th</sup>.
- BQJBC Commences: October 8<sup>th</sup>
- State Championships
  - **University of Sunshine Coast Basketball**
  - **January 16 – 20**
  - USC Sports Stadium – Sippy Downs Drive, Sippy Downs
  - Caloundra Indoor Stadium – North Street, Golden Beach
- End of Season Rep Luncheon: Mid-May (date to be advised).

### Under 16's

- Coach Induction: June 22<sup>nd</sup> or 23<sup>rd</sup>
- Rep Ready Camp: July 9<sup>th</sup> & 10<sup>th</sup>
- Trials: July 17<sup>th</sup> & 24<sup>th</sup>
- Team Practices and Capitals Camps:
  - Term 3 (July 31<sup>st</sup> – Sept 11<sup>th</sup>): One Session per week (Sunday)
  - Spring School Holidays: Brisbane Capitals Performance Camp #1
  - Term 4 (Oct 4<sup>th</sup> – Dec 3<sup>rd</sup>): Two Sessions per week (early evening at the beginning and end of each week – where practicable).
  - Beginning Summer Holidays: Brisbane Capitals Performance Camp #2
  - Term 1 (Jan 15<sup>th</sup> – April 1<sup>st</sup>): Two Sessions per week (as per term 4).
  - Summer Holidays. U16 teams will cease two sessions per week practices as of Dec 11<sup>th</sup> – Jan 14<sup>th</sup>. During that time, each team is permitted to have up to two team camps (avoiding Dec 18<sup>th</sup> – Jan 7<sup>th</sup>).
- BQJBC Grading: September 3<sup>rd</sup> & 4<sup>th</sup>, and 10<sup>th</sup> & 11<sup>th</sup>.
- BQJBC Commences: October 8<sup>th</sup>
- State Championships (Boys)
  - **Mackay Basketball**
  - **April 2 – 6**
  - Candlestick Park – 107 Juliet Street, South Mackay
- State Championships (Girls)
  - **Brisbane Basketball**
  - **April 2 – 6**
  - NAB Stadium – 16 Dixon Street, Auchenflower
- End of Season Rep Luncheon: Mid-May (date to be advised).

## Under 14's

- Coach Induction: June 22<sup>nd</sup> or 23<sup>rd</sup>
- Rep Ready Camp: July 9<sup>th</sup> & 10<sup>th</sup>
- Trials: July 17<sup>th</sup> & 24<sup>th</sup>
- Team Practice and Capitals Camps:
  - Term 3 (July 31<sup>st</sup> – Sept 11<sup>th</sup>): One Session per week (Sunday)
  - Spring School Holidays: Brisbane Capitals Performance Camp #1 (Top Aged U14's)
  - Term 4 (Oct 4<sup>th</sup> – Dec 3<sup>rd</sup>): Two Sessions per week (Sunday and/or during the afternoon at Auchenflower stadium – where practicable).
  - Beginning Summer Holidays: Brisbane Capitals Performance Camp #2 (Top Age U14's)
  - Term 1 (Jan 15<sup>th</sup> – April 10<sup>th</sup>): Two Sessions per week (as per term 4).
  - Summer Holidays. U14 teams will cease two sessions per week practices as of Dec 11<sup>th</sup> – Jan 14<sup>th</sup>. During that time, each team is permitted to have up to two team camps (avoiding Dec 18<sup>th</sup> – Jan 7<sup>th</sup>).
- BQJBC Grading: September 3<sup>rd</sup> & 4<sup>th</sup>, and 10<sup>th</sup> & 11<sup>th</sup>.
- BQJBC Commences: October 8<sup>th</sup>
- State Championships (Boys):
  - **South West Metro Basketball**
  - **April 11 – 14**
  - Hibiscus Sports Complex – 90 Klumpp Road, Upper Mt Gravatt
  - Runcorn State High School – 132 Hill Road, Runcorn
- State Championships (Girls)
  - **Cairns Basketball**
  - **April 11 – 14**
  - Early Settler Stadium – 289 Aumuller Street, Manunda
- End of Season Rep Luncheon: Mid-May (date to be advised).

## Under 12's

- Coach Induction: June 22<sup>nd</sup> or 23<sup>rd</sup>
- Trials: Sunday July 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>
- Mini Caps Session:
  - Term 3 (Aug 7<sup>th</sup> – Sept 11<sup>th</sup>): One Session per week (Sunday)
- Team Practices:
  - Term 4 (Oct 4<sup>th</sup> – Dec 3<sup>rd</sup>): Two Sessions per week (Sunday and/or during the afternoon at Auchenflower stadium – where practicable).
  - Term 1 (Jan 15<sup>th</sup> – March 17<sup>th</sup>): Two Sessions per week (as per term 4).
  - Summer Holidays. U12 teams will cease two sessions per week practices as of Dec 4<sup>th</sup> – Jan 14<sup>th</sup>. During that time, each team is permitted to have up to two team camps (avoiding Dec 18<sup>th</sup> – Jan 7<sup>th</sup>).
- BQJBC Grading: September 3<sup>rd</sup> & 4<sup>th</sup>, and 10<sup>th</sup> & 11<sup>th</sup>.
- BQJBC Commences: October 8<sup>th</sup>
- State Championships:
  - **Gold Coast City Regional Basketball**
  - **April 7 – 10**
  - Carrara Sport & Leisure Centre – Nerang-Broadbeach Road, Carrara
- End of Season Rep Luncheon: Mid-May (date to be advised).

## **Under 21's**

- Coach Induction: August 3<sup>rd</sup> or 4<sup>th</sup>.
- Trials: To be determined
- Team Practice:
  - Term 3: One Session per week (Sunday, possible move to Thursday in September)
  - Term 4: One Session per week (Monday, Tuesday or Thursday evenings)
  - Term 1: One Session per week (as above)
  - Summer Holidays, we recommend U21 teams have two camps in January in prep for the return to BQJBC competition in late January. We require the following time period off for Christmas & New Year's (Dec 19 – Jan 1<sup>st</sup>). We also recommend promotion of December as an option for summer holiday travel for parents in the age group.
- BQJBC Commences (Males): October 8<sup>th</sup>
- BQJBC Tournaments (Females): To be advised.
- End of Season Rep Luncheon: Mid-May (date to be advised).