

SELECTION CRITERIA

- * Demonstrated sporting achievement and performance in basketball
- * Commitment to training and improving performance
- * Commitment to achieving personal academic goals, including effort and behaviour.
- * Demonstrated sportsmanship and positive attitude
- * Commitment and contribution to school basketball teams
- * The ability and willingness to commit time and effort to the



FEES

The annual resource fee for this program is \$25 for Year 8 (1 Semester) and \$50 for Year 9 (2 Semesters). This will cover costs of specialised training equipment and subsidise the cost of tournaments such as SPL and Champion Schools. There will be extra costs associated with extra curricular competitions.

APPLICATION PROCESS

Students interested in applying for one of the sport specific programs are expected to complete an application form, attend the sport specific trial.

For further information and application forms please contact the school.

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WELLINGTON POINT S.H.S. BASKETBALL DEVELOPMENT PROGRAM





COURSE STRUCTURE:

Yr 7: Students can trial for the Interschool Basketball teams in the Summer Season. Students can choose Recreational Basketball in the Winter Season. In the Spring season, students applying for selection in the Basketball Development Program will choose Basketball during which trials will be held.

Yr 8: Students selected for the Basketball Development Program are timetabled in a streamed HPE class for 3 lessons a week in Semester 1.

Yr 9: Students can select 'Basketball Development Program' as an elective subject for both Semesters 1 and 2.

Yr 10: Students can select 'Extension HPE' as an elective for 3 lessons per week for both semesters, which includes a focus on Basketball.

Yr 11 and 12: Students can trial for the Open Basketball teams and train for Bayside Gala Days and other competitions.

AIM

To provide students with identified basketball talents an opportunity to develop their level of performance and to expose them to all facets of basketball, from individual skills to team skills, fitness, coaching and refereeing.

COURSE OVERVIEW

- This course is designed to increase the skill levels of players from year 7 through to year 12. Skills development will take place in both an on and off the court contexts.
- The course aims to develop the technical and tactical skills of players in both individual and team play.
- On court development is complimented by theory and athlete development sessions that occur in the classroom. This allows students to progress their ability to manage their own athletic performance.
- Although the focus is on basketball, students in Years 7-10 will occasionally cover other physical and theoretical areas to avoid burnout and to meet the requirements of the Australian Curriculum: HPE.
- Assessment will cover both written and physical tasks, and will use the Australian Curriculum criteria.
- Provides a positive team environment for students who enjoy physical activity and wish to develop their basketball skills.

COURSE OUTLINE:

Practical elements:

General movement fundamentals

- Footwork
- Jumping
- Ball Handling
- Strength & Conditioning

Individual Offensive

- 1 on 1 individual moves perimeter and post
- Ball control on the move
- Passing, Receiving, Leading, Post Sealing
- Shooting
- Screening
- Rebounding

Individual defensive fundamentals

- On ball defence skills and strategies
- Off ball skills and strategies
- Post defence

Team defensive fundamentals

- Man-to-man team defensive fundamentals

- Extension to full court pressure

Team Offensive fundamentals

- Fast break situations
- Transition
- Motion offence

Theoretical elements:

- Complimentary tactical and skill analysis
- Rules and regulations
- Sport psychology
- Nutrition
- First Aid and injury management
- Officiating and umpiring
- Training principles