



ATHLETE PATHWAY

NATHAN GEER – BASKETBALL DEVELOPMENT MANAGER

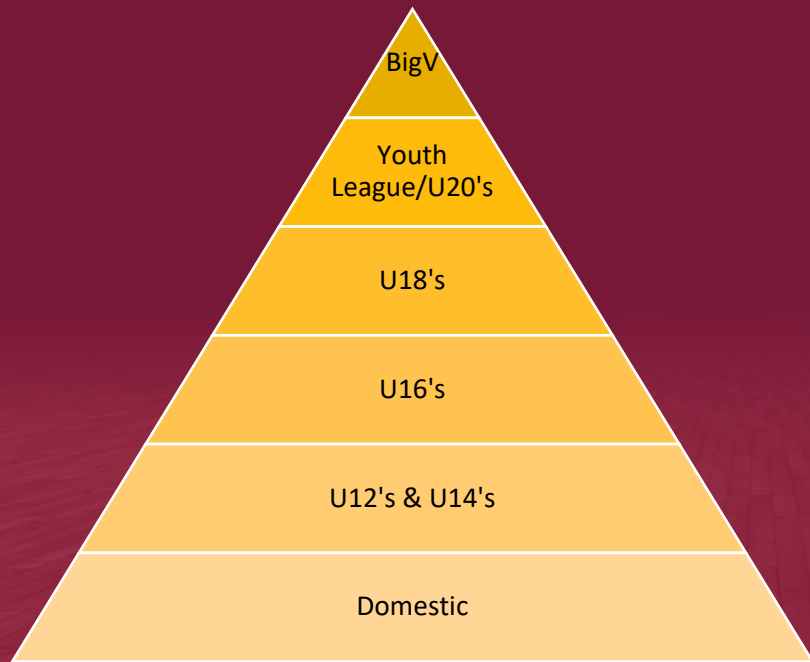
OVERVIEW

1. McKinnon Cougar Athlete Pathway
2. Basketball Victoria Pathway
3. College Pathway
4. Basketball Considerations

| Opportunities | U12 | | U14 | | U16 | | U18 | | U20 | |
|--|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------|----------------------------|
| | B/A | T/A | B/A | T/A | B/A | T/A | B/A | T/A | B/A | T/A |
| McKinnon Development Programs | ADP | ADP | ADP | ADP | HPP | HPP | HPP | HPP | HPP | HPP |
| McKinnon Senior Program - Big V | - | - | - | - | Youth League/Champ | Youth League/Champ | Youth League/Champ | Youth League/Champ | Youth League/Champ | Youth League/Champ |
| School Sport Victoria - State Team Selection | Primary School Grade 4 | Primary School Grade 5 | Primary School Grade 6 | - | - | Secondary School Year 9 | Secondary School Year 10 | Secondary School Year 11 | Secondary School Year 12 | - |
| Basketball Victoria | Skills Showcase | Skills Showcase | Southern Cross Challenge | Southern Cross Challenge | Southern Cross Challenge | East Coast Challenge | East Coast Challenge | East Coast Challenge | - | - |
| | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | Talent I.D/Player Dev Camps | - | - |
| | - | - | - | State Development Program | State Development Program | State Development Program | State Development Program | State Development Program | - | - |
| | - | - | - | - | Victoria National Performance Program | Victoria National Performance Program | Victoria National Performance Program | Victoria National Performance Program | - | - |
| | - | - | - | - | State Team Selection (U16) | State Team Selection (U16) | State Team Selection (U18) | State Team Selection (U18) | State Team Selection (U20) | State Team Selection (U20) |
| College Pathway - United States | - | - | - | - | Preparation for Subjects/Exposure | Preparation for Subjects/Exposure | Preparation for Subjects/Exposure | Preparation for Subjects/Exposure | Preparation for Subjects/Exposure | College Opportunity |



McKINNON COUGARS PLAYER PATHWAY



U12 through to U18's – VJBL

- Number of teams generally go down as the age groups increase
- ADP & HPP Development programs

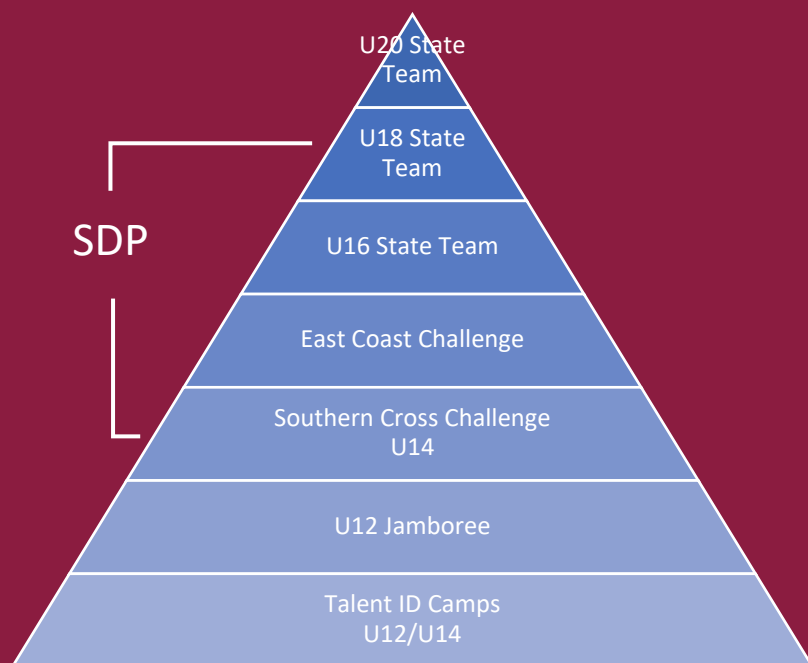
Youth League – Big V

- 23&U team
- Players can be selected through a tryout process or recruited
- Athletes from U16s are eligible
- Games are played on the weekends in a semi-professional setting

State Championship – Big V

- Semi professional League
- Players are selected to play. Tryouts may or may not be required
- Athletes from U16s are eligible
- Games are played on the weekends in a semi-professional setting

BASKETBALL VICTORIA PATHWAY



PHASE 1 – U12/U14s

Talent ID Camps

- These camps are used to identify and select athletes to participate in the Southern Cross Challenge, East Coast Challenge and SDP. Athletes playing in VC & VJLI, and Director of Coaching nominations are invited.

U12 Metro Jamboree

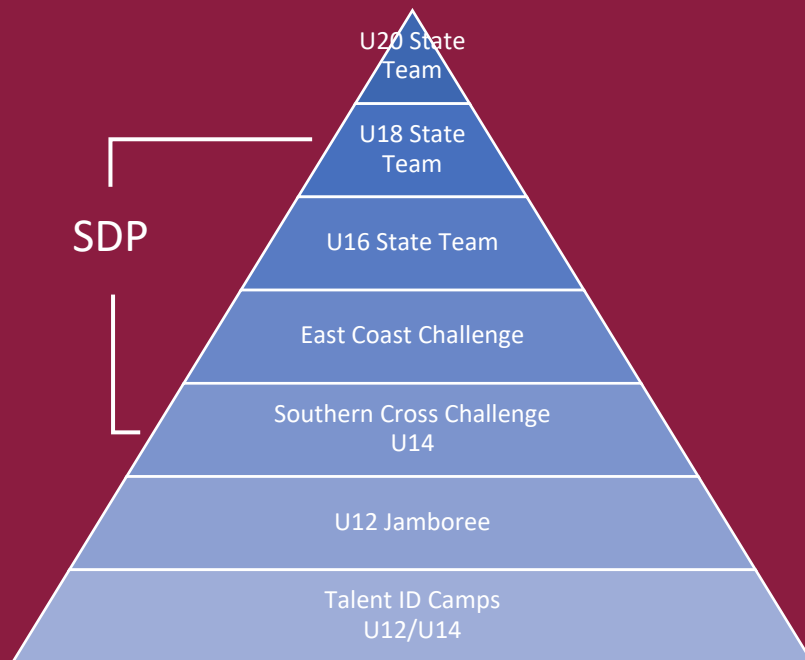
- 80 athletes per gender, Four-day tournament. All athletes in VC & VJLI are invited to selection camps (U12 Metro Skill Days).

Southern Cross Challenge (SCC)

- Picked from a series of Talent ID camps across the year, the SCC gives athletes insight into elite development and higher-level gameplay across the four-day tournament. 40-60 athletes per gender across U14s, 50% Bottom age, 50% top age.



BASKETBALL VICTORIA PATHWAY CONT.



PHASE 2 – U16+

East Coast Challenge

- A round-robin tournament held in Sydney.
- 24 athletes per gender. 2 x U16s teams and 2 x U18s teams.
- The Under 16 teams selected from Talent Id camps, U18 teams consists of the final 24 athletes that remain in U18 state team tryouts

State Development Program (SDP)

- A Basketball Victoria Development program for athletes who have been selected at selection camps.
- Two sessions per week
- U16s and U18s

Victorian National Performance Pathway

- Players can be awarded scholarships based on their performances at recent Australian Junior Championships or have been identified by our High-Performance Coaches as having the potential to represent Australia in the future.
- U16s and U18s

State Team Selections

- Athletes are picked from a series of tryouts.
- Athletes must be nominated by the Director of Coaching to attend.
- 10 players and up to 5 emergencies are selected per team.
- Teams compete in the Australian Junior Championships.
- U16, U18, U20

COLLEGE PATHWAY

- For athletes looking to receive free tertiary education while playing basketball
- NCAA Div I, II, III
- NAIA
- Junior College



- Consider subject selection from Year 9
- **Student** Athlete
- Begin collating game footage from Year 10 onwards
- Choose your recruitment path (on your own or with an agency)
- Review the information to be sent



VICTORIAN ATHLETE SIX PRINCIPLES

NB: Player development means that you may start out with a handle of one or two of these traits, but over the course of a junior career, add the remainder of them through development.



COMPETITIVENESS

Victorian athletes are relentless for both development and victory. They represent the program and respect it, to always give their best and behave with integrity. Victorian's should always;

- Play/Coach to YOUR best effort
- Mental: (able to stay in the moment)
- Create a practice environment that ignites competitiveness;
- Compete against each other and/or self
- Create and maintain an unrelenting mentality to never be beaten (*the Vic way*).



PHYSICAL LITERACY

The modern game calls for a desirable physical make-up. Victorian Athletes have the ability to perform the 7 fundamental movement patterns (push, pull, squat, hinge, row, lunge, rotate) with proficiency and under load. This enables the individual to express movement efficiently and effectively, allowing for the Athlete to develop the physical preparedness necessary to perform technical skills of Basketball at the highest intensity and longest duration possible.



SHOOTING ABILITY

Victorian athletes are able to make shots consistently. Be able to make game speed shots in elite games requires hours of practice and thousands of repetitions. Inability to shoot the ball makes it difficult to excel on the world stage, and we want to produce world class basketball players. Elite shooters will commit to a variety of daily form shooting, footwork and finishing in their attempt to master the skill which will always be a point of difference for basketball players.



1 V 1 OFFENSIVE

Victorian athletes have the ability to use ball handling, footwork and finishing ability at the level to where you can make an impact on the game with the ball in your hands? Victorian athletes understand that the game is not always about them, but they are able to both create a shot for themselves or a teammate when the moment calls for it.



1 V 1 DEFENSIVE

Victorian athletes are committed to defending the basketball. They understand that the closeout, hand pressure and footwork are imperative to keeping the ball in front of them. In addition, they are also invested in defending on-ball screens. They do not simply melt and give in to being screened, nor do they stand upright and allow the ball to go wherever it wants.



DECISION MAKING

Victorian athletes make great decisions that offensively lead to uncontested shots for our team, and defensively forces contested two-point shots. Our athletes understand that when they see a second defender, it is time to move the ball. And when it is their time to jump up and shoot a rhythm jump shot, they do so. Decision making ability also refers to decisions away from the court (*do your habits align with your goals; professionalism*).

BASKETBALL CONSIDERATIONS

- Average VJBL Athlete: Train and/or play basketball 4-6 hours per week
- State Representative Athletes: Train and/or play basketball 10-18 hours per week
- College Athletes: Train and/or play basketball 15-22 hours per week

- How many hours per week do you spend studying?
- How many hours per week do you train for basketball specifically?
- Do you currently complete a strength and conditioning workout?
- Are you driven and passionate about basketball and achieving your best results?
- Do my current habits match my goals?



THANK YOU

All Documents from today's presentation will be emailed to those who are interested in more information.

McKINNON

