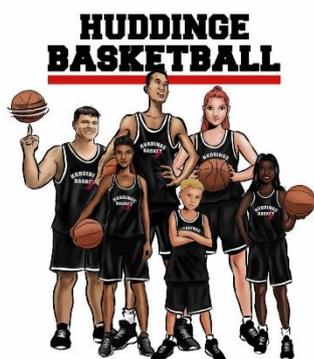


Huddinge Baskets Utvecklingstrappa



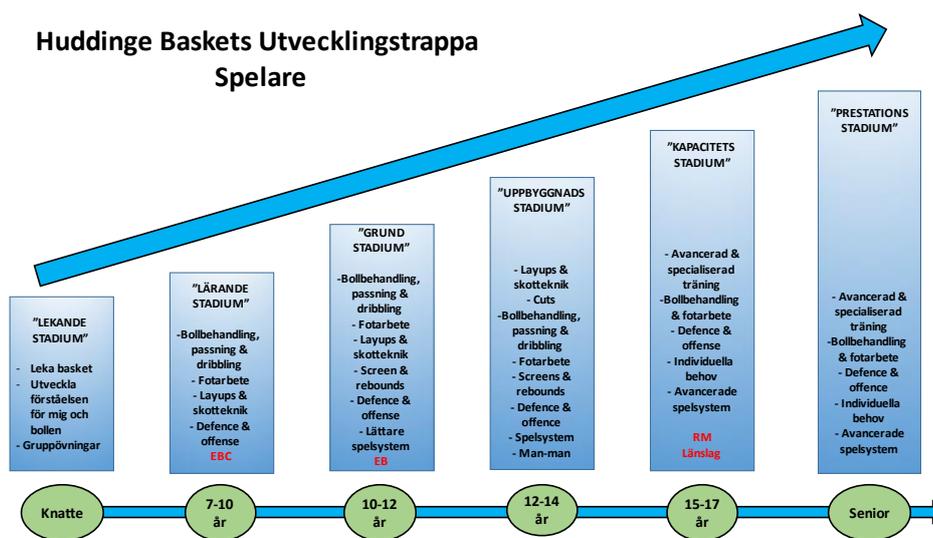
HUDDINGE BASKETS UTVECKLINGSTRAPPA

The Development Model called Huddinge Baskets Utvecklingstrappa

Huddinge Baskets Utvecklingstrappa provides a consistent framework from which players and coaches can work. It will assist them in understanding the importance of teaching particular aspects of the game to athletes at specific stages of development. It is hoped that with this systematic approach, skills and abilities needed to achieve excellence in basketball will be reachable. It will also ensure that all participants will receive the appropriate training that will produce well rounded people and maintain a lifelong passion for the sport.

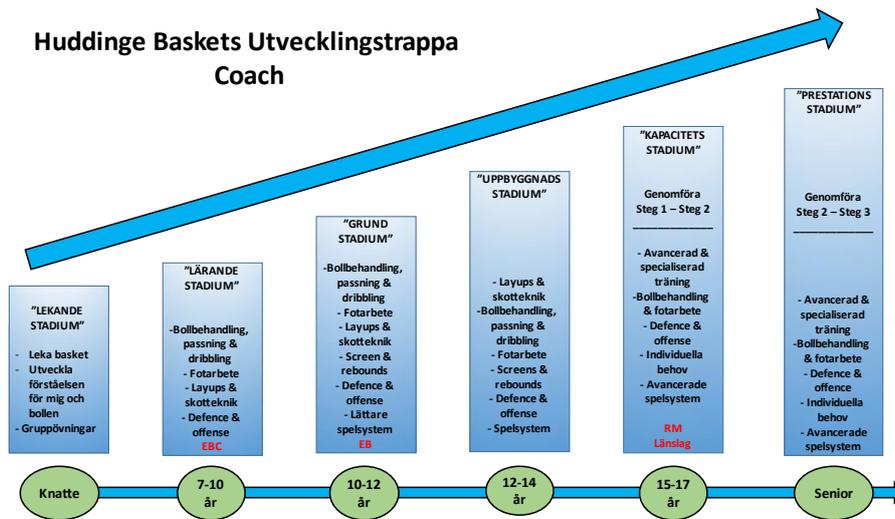
Every participant in the game will be able to see the pathways which will lead him or her to their own level of self-fulfilment. By following the stages of all participants will be given the proper grounding in the age-appropriate skills needed to play the game.

Proper application of this document will ensure that coaches are educated with respect to the needs of their players. The ability of the coach to teach these skills then becomes important. Coaches must be supported with frequent clinics and other educational resources.



Huddinge Baskets Utvecklingstrappa for players expresses six different levels during different stages as a basketball player, from a young player to a senior player. For every level there's different skills or fundamentals that a player should have knowledge about.

HUDDINGE BASKETS UTVECKLINGSTRAPPA



Huddinge Baskets Utvecklingstrappa for coaches expresses six different levels during different stages as a coach, from coaching young players to coaching senior players. For every level there's different skills or fundamentals that coaches should have knowledge of.

Focus on the process not the outcome

Levels on the Huddinge Baskets Utvecklingstrappa for both players and coaches

Knatte – “Lekandestadium”

The goal at this level is to learn fundamental movement skills through basketball in a positive fun way. The participants will be introduced to very basic fundamental basketball skills. It is not to win, but rather to have fun while playing sports and ensuring success. It is the coach's duty to guarantee success for every participant.

Examples of activities:

- Ball control
- Stationary dribbling (low, high, wide)
- Movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high)
- Stationary passing
- Moving passing
- Passing to a teammate
- Lay-up progression



7-10 years – “Lärandestadium”

At this stage the technical skills can start to be emphasized. The basic fundamentals are still important since many children will also use this stage as an entry level. To learn the basic basketball skills through modified games while still emphasizing fundamental movement skills in a fun and inclusive environment.

Examples of activities:

- Offence
- Vision - play with eyes up
- Movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high)
- Catching the ball with 2 hands, 2 eyes, 2 feet
- Lay-up progression
- Advancing the ball towards your offensive basket
- Shooting the ball into the basket to score
- Recognition of knowing when you are on defence
- Recognition of the person he/she is defending

10-12 years – “Grundstadium”

At this stage the emphasis is still on refining the fundamentals and consolidating the technical skills. Developmentally appropriate tactics become more important.

- Examples of activities:
- Footwork
- Movement with ball - jump stops, stride stops
- Dribbling and passing
- Introduce or refine technique for lay-ups from both sides
- Reading the defence
- Moving to get open and place yourself in the game
- Helping your teammates
- Playing with the purpose of scoring
- Playing 1-on-1
- Give and go
- Read the defence to attack and score

12-14 years – Uppbygggnadsstadium

Players should be refining their technical skills. Some athletes will begin to become creative. Tactics such as zone offence/defence and presses/press breaks are added during this stage. Near the end of this stage, simple strategies can be employed. Individualized training is important for the player to improve

Examples of activities:

- Ball handling
- Refine and develop speed, control, change of direction, retreat and change of pace with the right and left hand
- Expand the passing repertoire and speed of the ball
- Review and refine a lay-up repertoire (ex. reverse, right hand, left hand)
- Develop free throw shooting routine
- Read and react to guided defence
- Get open in a variety of positions (ex. wing, post, guard, top, baseline)
- Introduce and develop skill of defensive and offensive rebounding (boxing out)

*Players need to learn the game, not a position.
Individual development is
the foundation.*



15-17 years – Kapacitetsstadium

Players will be introduced to many higher-level technical skills that allow them to start to specialize. Players will be exposed to most if not all strategies of the game. Athletes should begin to have season plans for conditioning and motivational training taking into consideration. The major objective of the stage is to learn how to compete under any circumstances.

Examples of activities:

- 1-on-1
- Post moves such as for examples jump hook, up and under
- Make contact defender's body
- Feet active, arms high
- Screens
- Rebounds
- Offensive and defensive transmission
- Defence in half court – Player-to-player
- Principles of zone defence and offence
- Screens
- Strategic / tactics and communication
- Strength, speed and conditioning workout



Senior – Prestationsstadium

The emphasis is on refinement of all technical skills. Basic tactical skills should also be in the refinement stage. Many should be in the creative stage. The athletes will have been introduced to all strategies and specialization and that is important. The season plans become very specialized for each athlete.

Examples of activities:

- 1-on-1
- Post moves such as for examples jump hook, up and under
- Make contact defender's body
- Feet active, arms high
- Screens
- Rebounds
- Offensive and defensive transmission
- Defence in half court – Player-to-player
- Principles of zone defence and offence
- Screens
- Strategic / tactics and communication
- Strength, speed and conditioning workout

The best teams have chemistry. They communicate with each other, and they sacrifice personal glory for the common goal.
