

# Basketball Academy



The aim of the Cardijn Basketball Academy is to provide students with the opportunity to develop their skills, knowledge, and general understanding of basketball.

The Basketball Academy will have a strong focus on improving individual and team-based basketball skills, tactics, and strategy, while also promoting personal development skills including self-esteem, confidence, and leadership. The on-court curriculum is based on contemporary coaching methodology and presented by experienced coaches and teachers working within the College and club setting.

All Academy students will have an opportunity to trial and participate in inter-school sport competitions (e.g., Weekday or Saturday morning sport, Knockout competitions, Inter-Col, Exchanges) and attend various excursions aimed at promoting future pathways within Basketball and sport through participation at local clubs, as well as exposure to clubs represented at NBL1 and NBL level.







The Basketball Academy is offered to students from Year 8-11 and is complementary to their Health and Physical Education curriculum. In Year 8 and 9, Basketball Academy students have three lessons per week, typically incorporating two on-court sessions and one classroom-based lesson. In Year 10 and 11, students participate in up to six lessons per week, which generally takes the format of three to four on-court sessions, one athletic development session and one classroom-based lesson. All students enrolled in the Basketball Academy are REQUIRED to participate in the College Basketball team for the entirety of the season. All basketball games for Year 8-11 students are played on Saturday mornings. This is a vital element of the Academy as it allows the students to incorporate skills taught during Academy lessons in real-game situations. Furthermore, this also allows for post-game feedback and self-assessment, as well as recovery and injury prevention programs to be implemented. All students involved in the Basketball Academy will be encouraged to trial for Club programs, Development Squads and State Team selection.

The coaching methodology and content used by the Basketball Academy teachers and coaches is typically a games-based model using the pedagogy presented in the Basketball SA and Basketball Australia coaching courses and curriculum. This may include:

- Position and movement principles
- Stance and body position
- Man to man and zone defence
- Motion-based offense
- Fast-break and transition concepts
- Pick and roll concepts
- Roles of the passer and cutter
- Offensive and defensive principles of play

**The Basketball Academy is an excellent opportunity for students to enhance their basketball experience within the College setting and all students are welcome to apply.**