

South Geelong Kings Basketball Club Philosophy

Unity, Defence, Communication, Roles, and the 20/20 Vision

Team Unity and Cohesion:

How We Play:

- Our on-court synergy is the backbone of our success. We prioritise fluid teamwork, emphasising every player's contribution to the collective effort.
- Unselfish play and quick ball movement underscore our style, creating an environment where every player feels integral to the team's success.

How We Train:

- Team-building activities, both on and off the court, are integral to our training regimen.
- Drills focus on fostering chemistry, ensuring players understand each other's movements and tendencies.

The Team We Want to Be:

- A tight knit family that supports each other through victories and challenges.
- Recognised for our seamless teamwork, with opponents finding it challenging to break down our cohesive unit.

Defence Wins Games:

How We Play:

- Our defensive prowess is a source of pride. We prioritise tenacious defence, with every player committed to disrupting the opponent's rhythm.
- Strategic defensive plays and rotations are cornerstones of our game plan.

How We Train:

- Defensive drills are a staple in our training sessions, focusing on individual and team defensive principles.
- Emphasis on communication and anticipation to create turnovers and capitalise on opponent mistakes.

The Team We Want to Be:

- Known for our defensive resilience, making it difficult for opponents to score.
- A team that thrives in pressure situations, with defence serving as the catalyst for our victories.

Open Communication:

How We Play:

- Effective communication is non-negotiable on the court. We encourage players to communicate openly, ensuring everyone is on the same page.
- A culture of constructive feedback and encouragement prevails, fostering a positive and communicative environment.

How We Train:

- Communication drills are integrated into every training session, emphasising verbal and non-verbal cues.
- Team meetings provide a platform for players to voice their thoughts and ideas.

The Team We Want to Be:

- Recognised for our on-court communication, creating a seamless flow in our plays.
- A team where everyone feels heard and valued, both on and off the court.

Everyone Has a Role:

How We Play:

- Every player is integral to our success, and we define specific roles based on strengths and skills.
- Recognising and embracing individual roles leads to a cohesive team that capitalises on each player's unique contributions.

How We Train:

- Training sessions focus on honing individual skills within the context of team strategy.
- Players understand their roles through scenario-based drills and simulations.

The Team We Want to Be:

- A team where every player understands and values their role, leading to a harmonious and effective playing style.
- Celebrated for our balanced and diversified contributions.

20 Assists Before 20 Points:

How We Play:

- Prioritising team play, we aim for 20 assists before reaching 20 points in a game.
- Emphasising unselfishness and creating scoring opportunities through collective ball movement.

How We Train:

- Passing and movement drills are central to our training, reinforcing the importance of shared scoring responsibility.
- Simulating game scenarios where achieving 20 assists is a collective goal.

The Team We Want to Be:

- Respected for our selfless and team-oriented approach to scoring.
- A team where every player takes pride in facilitating scoring opportunities for their teammates.

In Summary:

At South Geelong Kings Basketball Club, our philosophy is a dynamic fusion of unity, defensive prowess, open communication, defined roles, and the 20/20 vision. We are a team that values each player's unique contributions, thrives on tenacious defence, communicates openly, understands and embraces individual roles, and prioritises unselfish team play. Together, we strive for excellence on the court, fostering a culture of success, growth, and shared achievement. Go South Geelong Kings!

South Geelong Kings Basketball Club

Training Session Structure

Overview:

Our training sessions at South Geelong Kings Basketball Club are designed to align with the guidelines provided by Basketball Victoria and Basketball Australia. The primary goal is to create a dynamic, engaging, and progressive environment that caters to the unique needs of each age group within a one-hour timeframe.

General Structure:

1. Warm-Up (5 minutes):

- **Objective:**
 - Increase heart rate and body temperature.
 - Activate muscles and joints.
- **Activities:**
 - Light jogging and dynamic stretching.
 - Sport-specific movements (e.g., defensive slides, pivots).

2. Skill Development (25 minutes):

- **Objective:**
 - Focus on individual and position-specific skills.
- **Activities:**
 - Drills tailored to age group skill development.
 - Skill stations for shooting, dribbling, passing, and defensive techniques.
 - Incorporate progressive challenges to keep players engaged.

3. Team Concepts (15 minutes):

- **Objective:**
 - Implement team strategies and concepts.
- **Activities:**
 - Position-specific drills within a team context.
 - Offensive and defensive scenarios.
 - Introduction and practice of set plays (age-appropriate complexity).

4. Game Simulation (10 minutes):

- **Objective:**
 - Apply learned skills and concepts in a game-like setting.
- **Activities:**
 - Small-sided games.
 - Controlled scrimmages emphasising targeted skills.
 - Tactical challenges to promote decision-making.

5. Cool Down (5 minutes):

- **Objective:**
 - Gradually decrease heart rate and prevent muscle soreness.
- **Activities:**
 - Static stretching for major muscle groups.
 - Brief reflection and team discussion.

Age Group Variations:

Prep-1, 3-4, and U10:

- Emphasise fundamental skill development with engaging and age-appropriate drills.
- Shorter attention spans, so incorporate variety and fun elements.
- Introduce basic team concepts through games and relays.

U12:

- Begin transitioning to more complex skill development.
- Introduce intermediate skills and position-specific drills.
- Team concepts include basic offensive and defensive strategies.

U14:

- Focus on refining skills introduced in earlier years.
- Introduce advanced moves and position-specific techniques.
- Team concepts involve more sophisticated offensive and defensive strategies.

U16:

- Emphasize mastery of skills and advanced tactical understanding.
- Incorporate game simulations with a focus on strategic decision-making.
- Prepare players for high-level competition.

U18 and U20/23:

- Tailor drills to prepare for the demands of higher-level play.
- Intensify game simulations with a focus on execution and adaptability.
- Emphasise leadership development and situational awareness.

Note:

This structure is adaptable, and coaches are encouraged to modify activities based on the specific needs and progress of their teams. Flexibility is key, and the overall aim is to create an environment that fosters skill development, team cohesion, and a love for the game.