

Functional Movement Capacity

- Posture
- Functional Mobility
- Dynamic Stability
- Flexibility

Health and Wellness

- Anthropometrics
- Stature
- Nutrition
- Hydration
- Sleep
- Recovery
- Warm up / cool down

Physical Work Capacity

- Stamina
- Speed
- Agility
- Strength
- Jumping

Fundamental Movements

- Coordination
- Speed / changing
- Balance
- Agility
- Push/pull, twist/bend, squat/lunge, throw /catch, gaits

Skills

- Shooting/Layup
- Stance
- Footwork
- Passing
- Dynamic 1 on 1
- Dribbling

Concepts

- Offensive Actions
- Defensive Levels
- Attacking, spacing, pass/cut, penetration, posting, screening, rebounding, mismatches
- Transition, matching, on ball, off ball, defending actions, rotation, rebounding

Decision Making

- Individual
- Team



CANADA
BASKETBALL

Vision

Performance on demand at the gold medal standard, while inspiring everyone with our passion and podium behaviour to be their best.

Daily Training Environment

- School, Club
- Training Facility
- Family
- Support
- Coaching

Relationships

- Communication
- Trust
- Emotional Intelligence

Leadership

- Lead Yourself
- Gives Energy to Group
- Role
- Leads Others

Passion

- Competitive Fire
- Podium Behavior
- Life Long Learner

Focus

- Concentration
- Handles Distractions

Perspective

- Deals with Adversity
- Self Talk
- Self Belief
- Projection

Imagery

- Clearly Communicates Images

Energy

- Arousal Level
- Breathing

Physical

Social
Emotional

Basketball

Mental

Score the Ball
40%

Commitment to
"REP"ing
15%

Control the Ball
25%

Rebound the Ball
20%

Tactics

- Pre-Game
- In Game
- Strategy (Style of Play)
- Early Clock / Pace
- Mid Clock ½ Court /Flow
- Short Clock (Late,14 sec)
- Special Situations
- Pressure/ Press break / Tricks
- Zone

Gold Medal Model