

CENTRAL DISTRICTS BASKETBALL CLUB

LONG TERM ATHLETE DEVELOPMENT

FUNdamentals Stage	Learning to Train Stage	Training to Train Stage	Training to Compete Stage	Training to Win
CDBC U10	CDBC U12 – U14	CDBC U14 – U18	CDBC U16 – U23 +	CDBC U23 +
Overall movement skills	Overall sport skills development and review of FUNdamentals	Sport specific skill development	Sport, event, position-specific physical conditioning and technical tactical preparation	Maintenance and fine-tuning of physical capacities
FUN and participation		Major fitness development stage: aerobic & strength	Shoulder, elbow, core, spine & ankle stability	Shoulder, elbow, core, spine & ankle stability
General, overall development	<i>Major skill learning stage: all basic sport skills should be learned before entering Training to Train</i>	Shoulder, elbow, core, spine & ankle stability	Integrated mental, cognitive, and emotional development	Further development of tactical, technical & playing skills
<i>ABC's of Athleticism: agility, balance, coordination & speed</i>		Integrated mental, cognitive & emotional development	Advanced mental preparation (visualization)	Frequent musculoskeletal evaluations
Body weight strength exercises (Resistance bands ok)	Shoulder, elbow, core, spine & ankle stability	Develop mental preparation	<i>Specialization</i>	Advanced game day physical and mental preparation
Introduce simple rules of ethics in sport	Integrated mental, cognitive and emotional development	Introduce free weights & power exercises	Frequent musculoskeletal evaluations	Team-based selections to win
Screening for talent	Introduction to mental preparation	Introduce rest & recovery methods	Pre-, during, and post-season periodised plans	Sport specific technical, tactical and fitness training 9-12 times per week (including complementary sports and activities)
Well-structured programs	Body weight + light, controlled resistance strength exercises (med balls, resistance bands, machine weights)	<i>Frequent musculoskeletal evaluations</i>	Rest & recovery focus	
Daily physical activity	Talent identification	High performance selection	Advanced individualization	
	Well-structured, periodised programs	Highly structured, periodised programs	Sport specific technical, tactical and fitness training 9-12 times per week (including complementary sports and activities)	
	Sport specific training 3 times per week; participation in other sports 3 times per week	Introduce individualized trainings		
		Sport specific training 6-9 times per week including complementary sports		