



Basketball B.C. High Performance Program

BBC High Performance Program is based on an integrated functional approach to basketball training. The overall program has a scope and sequence of training from Grade 7 to 12. The H.P. program is player centered designed to develop higher level basketball skills coupled with increased athletic abilities. The program includes on court individual skill and team training along with a sequential approach in the development of player's Basketball IQ. The program provides additional off court training, including age and basketball specific strength, agility and quickness training, functional movement screening, mental training and nutritional workshops. In addition, players receive on going individual skill analysis and assessment.

The program is aligned with Canada Basketball methods of teaching and concepts of play with a designed focus to help athletes in pursuit of their long term basketball goals.

Coaches are NCCP trained with a specific focus in High Performance coaching.

Note: Players and Coaches within our Pod program are eligible for Canadian Sport Institute (CSI) and Pacific Sport carding and benefits

Pillars of the Program

- Pod Program (Gr. 10 – 12 Athletes)
- CP Program (Gr. 8 – 10 Athletes)
- TAPP program (Gr. 7 – 8 Athletes)
- Provincial Teams
 - U17
 - U16
 - U15
- Zone Teams
 - U14 (B.C. Summer Games)

Program Head Coach

- Each Regional Program (POD, CP and TAPP) will have a head coach that works in concert with the HP Manager
- Head Coach is charged with delivery of the program to their specific group of athletes including
 - Curriculum Content and Design
 - Specific Program Coaching and Support staff recruitment, coordination, leadership and mentoring



- Player Assessment and Evaluation
- Practice Plan design and implementation
- Coaching and Support Staff Assessment and Evaluation

2016 – 2017 High Performance Program

POD Program

- Pod program in 4 major areas for Boys and Girls
 - Metro
 - Fraser Valley
 - Van. Is
 - Ok
- Pod program targets gr. 10 to 12 athletes
- Any identified pod aged athletes that cannot access a pod will be assisted in their training with a local assigned coach who will help monitor their training program. Such athletes will take part in large pod training
- There will be a total of 24 training sessions
 - 4 Large Pod weekends (Sept. Oct. and Nov. and Apr.)
 - Each weekend consists of 4 training sessions
 - 4 weekly sessions in Sept. and Oct. prior to the High School Season
 - 4 weekly sessions in late March and April after the High School Season
- The Large Pods will occur in the Lower Mainland and Okanagan

CP Program

- Boys and Girls centralized training sites i.e. Lower Mainland, Okanagan, Van Is
- CP program will target gr. 8 to 10 athletes
- There will be a total of 18 training sessions
 - 6 weekends (Sept to Nov)
 - Each weekend will consist of 3 training sessions

TAPP Program

- The program provides grade 7 & 8 players in B.C. with an opportunity to enhance their individual playing skills while being evaluated as part of the joint Canada Basketball/Basketball BC Targeted Athlete Identification Initiative.
- The Targeted Athlete Identification Initiative is designed to select athletes with potential for future success in the sport of basketball and provide them with opportunities to guide their development and training, both on and off the court, to see them potentially excel at higher levels of competition.
- There will be a total of 6 training sessions
- 3 weekends (Mar to Apr)
- Each weekend will consist of 2 training sessions
- Locations will take place in various locations