



2019 / 2020

CREATING PATHWAYS FOR BASKETBALLERS

ATHLETIC SPORTS TRAINING FOR SECONDARY STUDENTS



powered by:





AUSSIE BASKETBALLERS GO PRO

- ✔ Develop and fine-tune future student athletes
- ✔ Improve vertical leap, explosive power, speed, and stability
- ✔ Enhance footwork, hand-eye coordination, ambidexterity, ball handling, shooting and IQ
- ✔ Customised programs
- ✔ Expert training and career advice
- ✔ Theory and practical learning modules
- ✔ Qualified health professionals to help injury prevention and treatment

ELEVATE TO THE NEXT LEVEL

With a global skills specialist from USA who knows what students are up against globally; we develop each basketballer's skill sets beyond what a club coach can teach.

Key topics:

- Exercise Science to enhance athletic performance
- Footwork, physical traits, coordination, sensations and court awareness
- Prolong the athlete's career



STUDENT ATHLETE PROGRAM

Contrary to popular belief, basketball is a complex and forever growing sport in Australia and worldwide. With ongoing rule changes and freedom of movement; an insurgence of positionless basketball is at the forefront of today's style of play. Basketball students can no longer rely on just being tall or fast; as it is now much more than having incredible jumping abilities. Today, the game requires advanced skills - a key component in being a valuable asset on a team.

Our program will enhance skill sets, reflexes, and movement while reaching new heights of athletic ability. Students will evolve in their game while we translate old ideology with modern and innovative training styles.

By playing sports while growing up, students will become 'comfortable with being uncomfortable'. This is what training is about – pushing through and breaking barriers! Confronted with new and challenging environments from a young age will allow students to be versatile in their thought process. It is this athlete mindset obtained from sports that has created some of the brightest and most influential individuals within our global community.

WHY TRAIN WITH US?

By enrolling into our student athlete program; students will receive the highest education both theoretical and practical towards improving their basketball skills, athletic performance and movement capacity.

We upskill players and assist them to build a 'plan' to give them the tools and confidence to implement or adapt their plan, both on and off the court.

Our staff are the highest regarding professionals in their fields, who are passionate and excited to share their knowledge with students.

WE UNDERSTAND HOW TO MANAGE THE STUDENT ATHLETE

Our aspiring athletes put their bodies through a lot of strain both mentally and physically.

When is the optimal time we should push our athletes to train at high demands, and when do we need to back off and lower their training volumes?

The answer is, each athlete grows and learns at a different pace. Therefore, our programs meet the athlete's stage of learning and abilities.

CREATING PATHWAYS

Our collaboration was founded on a vision to create pathways for basketball students transitioning from secondary school to their initial postsecondary destination.

Through our basketball academy, students will have the option to go to the Australian Institute of Sport, Tafe or a University which may offer financial support to elite athletes, helping them gain a tertiary education whilst pursuing their chosen sport.

Becoming an elite athlete can lead to a basketball career within Australia, competing on a national level from South East Australian Basketball League (SEABL), NBL1 through to the National Basketball League (NBL) and Women's National Basketball League (WNBL).

The international nature of basketball together with Australia's solid reputation internationally, means that there are endless opportunities for students to also play overseas at a NCAA Division 1 or 2 college or in other elite teams at university within Northern America, Europe, Asia etc.

Currently, there are 27 Australians playing at the highest level during the 2018/19 European basketball season. In the 2018/19 NCAA Division 1 college basketball season, there are approximately 65 Australian men and 84 Australian women currently playing. Australian players currently in the NBA and WNBA include: Ben Simmons, Joe Ingles, Andrew Bogut, Aron Baynes, Patty Mills, Liz Cambage, Leilani Mitchell, Rebecca Allen, Stephanie Talbot and newly drafted Alanna Smith and Ezi Magbegor (with many more).



USA SKILLS CAMP / USA TOUR

With the demand of Australians pursuing a basketball scholarship at a US College, we give students an opportunity to travel to USA to compete in tournaments, train with NBA skills trainers and tour some of the NCAA Division 1 colleges giving students an opportunity to network and build connections in America.

We help bridge the gap and create pathways for ambitious basketballers in Australia to combine playing basketball with studying at a US college.



MOVEMENT IS MEDICINE FOR THE PHYSICAL BODY AND MIND

Foundational movements are key before delving into complex movement patterns.

Foundational movements include:

- balance and stability
- core activation
- tumbling
- safe running
- jumping
- landing techniques.

From there, we progress movements towards power, speed, agility and higher levels of strength.

Once these movement patterns are mastered, we apply the science to basketball to make the athlete a more dynamic player on the court.

Basketball movements include:

- ball handling
- shooting
- footwork
- balance
- coordination.

ABOUT US



Kareem Drayton
Skill Development Trainer

BASKETBALL DEPARTMENT

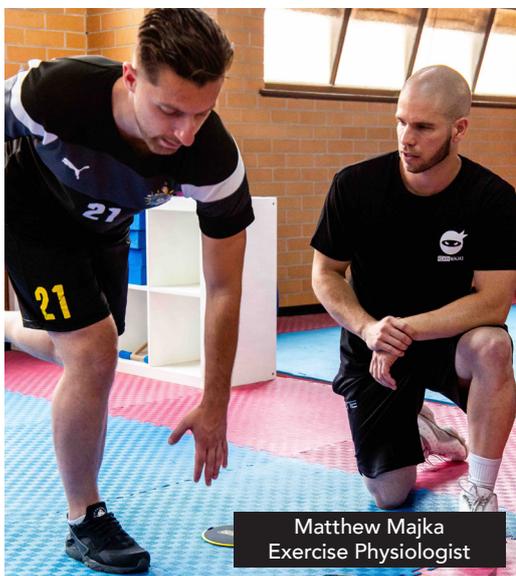
Our Hoop Science basketball academy is built around the advanced teaching and instruction as offered with NBA superstars and NCAA college players.

We provide skills training and valuable insight to both children and adults to achieve maximum results in a short time-frame.

We offer group classes and private sessions

to all players of the game, teaching a variety of skills from shooting, footwork, IQ, defense, to ball handling. Our curriculum is broken down in a format that every player can handle, regardless of age, gender or skill level.

We are one of a few certified 'I'm Possible' basketball academy's in Australia, who provide services at all levels across Melbourne.



Matthew Majka
Exercise Physiologist

EXERCISE SCIENCE DEPARTMENT

Qualified health professionals providing a unique plyometrics program that incorporates strength and conditioning aspects to improve explosive muscular power, athlete development and management.

Our training system focuses on fast, powerful movements to improve functions of the nervous and muscular system.

Plyometrics are based upon the concept whereby the muscle is stretched (loaded)

before it is contracted.

We help athletes enhance their athletic ability by using this form of training system in activities requiring explosive movements such as basketball, soccer, dance, short distance sprinting, high and long jump, volleyball, and football.

Each plyometric program is periodised and tailored to individual athletes for sports specific training and event preparation.