

BASKETBALL NEW ZEALAND DEVELOPMENT GUIDE FOR TAMARIKI

BBNZ advocates and encourages games and constraints-based learning as we believe and embrace contemporary research and evidence around children learning, developing, and loving the game more when they are actively applying skills and decisions into activities that reflect the game of basketball. Activities, group sessions, and competition grades should be modified appropriately to match the age as well as the development needs of each individual participant*.

Age	Keys to Quality Experiences for All	Skills and Game Focus	Equipment + Structure
Years 1-2	<ul style="list-style-type: none"> Keep a Climate of Development vs a Climate of Performance (Good Sports Spine) 	<ul style="list-style-type: none"> Explore having fun in sport and cooperating with others Explore a range of movement skills - move themselves confidently forwards, backwards, sideways, 1 foot, and two feet, different speeds Explore basic ball skills: passing, catching, aiming Explore basic shadowing of another person (defence) 	Equipment <ul style="list-style-type: none"> - Size 5 or smaller basketball or like sized ball - 8-foot hoop or alternative basket Session structure <ul style="list-style-type: none"> - Get started practice structure - 30-45 minute session No Competitions
Years 3-4	<ul style="list-style-type: none"> Give all players equal game time and play positionless Allow tamariki the space to become problem solvers and work through challenges Encourage all tamariki to be respectful of self and one-another and promote fair, safe and culturally appropriate experiences for all Use games-based and constraints-decision-making activities 	<ul style="list-style-type: none"> Explore having fun and growing a love for sport Explore a range of movements, including combining different movement patterns Explore guarding one person on defence and staying between their player and the hoop (Chest to chest) Explore making decisions in a range of situations and understanding different rules/constraints Explore advancing the ball towards their hoop on offence by passing and dribbling around defence Explore being part of a team; working together, communicating and cooperating 	Equipment <ul style="list-style-type: none"> - Size 5 basketball - 8-foot hoop Session structure <ul style="list-style-type: none"> - Explore more practice structure - 45-60 minute sessions Competition structures <ul style="list-style-type: none"> - 3x3 ½ court - 12min games x2 per team
Years 5-6	<ul style="list-style-type: none"> Early developers (bigger, stronger, faster) should be encouraged to work on their non dominant hand to dribble, pass, finish around the rim, and be supportive teammates while on the bench Late developers (less body control) should be encouraged to try all skills-pass, shoot, dribble, and be supportive teammates while on the bench 	<ul style="list-style-type: none"> Explore/develop the love of sport and having fun while participating Explore/develop basic to more complex movement skills and patterns Explore/develop working together, communicating, and cooperating to play as a team Explore/develop making decisions in a range of situations Explore/develop guarding one player on defence, staying between their player and the hoop. Hands up, feet and chest square. Explore/develop advancing the ball towards their hoop on offence by passing and working together 	Equipment <ul style="list-style-type: none"> - Size 5 basketball - 9-foot hoop Session structure <ul style="list-style-type: none"> - Next steps practice structure - 45-60 minute sessions Competition structures <ul style="list-style-type: none"> - 3x3 ½ court- 12 min games x2 per team - 4x4 small court, 15 min running clock halves, 1 game per team
Years 7-8	<ul style="list-style-type: none"> Encourage tamariki to be involved in a range of sports and activities Tamariki should not be doing more hours of organized sport than their age or a maximum of 10 hours per week. Tamariki should have a minimum of one full day of rest from organized activities 	<ul style="list-style-type: none"> Explore/develop the love of sport and having fun while participating Explore/develop basic to more complex movement skills and patterns Explore/develop working together, communicating, and cooperating to play as a team Explore/develop making decisions in a range of situations Explore/develop the ability to guard one player on defence and stay between their player and the hoop. Explore help defence. Explore/develop individual and team concepts on offence and defence that promote spacing, working together, and appropriate decision-making Provide appropriate challenges and learning opportunities for all participants 	Equipment <ul style="list-style-type: none"> - Size 6 basketball for boys and 5 for girls - 9 or 10 foot hoop Session structure <ul style="list-style-type: none"> - Play ball practice structure - 45-60 minute sessions Competition structures <ul style="list-style-type: none"> - 3x3 ½ court, 12 min games x2 per team - 4x4 small court, 15 min running clock halves, 1 game per team - 5x5 full court, 20 min running clock halves. Aspects of stop/shot clock may be introduced at appropriate times.

*If the tamariki are new to the sport, try applying the focus areas and structures for the age group below as a starting point