



WWABI REP CAMP - 8 December 2018 – Trust Arena

As this will be our first WWABi camp, we will be focusing on getting our building blocks implemented correctly and ensure that the foundation of our system will be the key to our success. Each age group will have 2 x courts for on court session, 1 x Court will be used for testing, measurements.

Age groups	Time	Court	Point of Emphasis	Notes
All Girls U15, U17, U19	9am-11am		To get player data and lay the foundations for our systems	
9-11am	9am-9.30am	Off Court	Get to know your players off court Testing, Measurements, photos	Coaches, Managers and parents to help
	9.30-11am	On court	Lead catch/pass footwork Running Responsibilities Defensive transition	Org sheet
Age groups	Time	Court	Point of Emphasis	Notes
U19 Boys 11-1pm	11am-1pm		To get player data and lay the foundations for our systems	
	11am-11.30am	Off Court	Get to know your players off court Testing, Measurements, photos	Coaches, Managers and parents to help
	11.30am-1pm	On court	Lead catch/pass footwork Running Responsibilities Defensive transition	Org sheet
Age groups	Time	Court	Point of Emphasis	Notes
U17 Boys 1-3pm	1pm-3pm		To get player data and lay the foundations for our systems	
	1pm-1.30pm	Off Court	Get to know your players off court Testing, Measurements, photos	Coaches, Managers and parents to help
	1.30pm-3pm	On court	Lead catch/pass footwork Running Responsibilities Defensive transition	Org sheet
Age groups	Time	Court	Point of Emphasis	Notes
U15 Boys 3-5pm	3pm-5pm		To get player data and lay the foundations for our systems	
	3pm-3.30pm	Off Court	Get to know your players off court Testing, Measurements, photos	Coaches, Managers and parents to help
	3.30pm-5pm	On court	Lead catch/pass footwork Running Responsibilities Defensive transition	Org sheet

Better People Make Better Players



Measurements

1. Wing span – Players will be assisted with this measurement
2. Height – Players will be lying down on the ground and measure with feet against the wall
3. Weight
4. Photo - Head shot

Testing

1. 3 mins – Players have to run full court lengths and count the numbers of lengths in 3 mins
2. Push up – 1 min (Test done in pairs – one partner watches while other partner performs)
3. Crunches – 1 min (Test done in pairs – one partner watches while other partner performs)

Equipment needed

- Measuring tape x 4
- Weight scales
- Camera for head shots
- Rules for height measuring x 2
- Clipboards x 4 and pens
- Sticky tape
- Stopwatch

On Court

As this will be our first WWABi camp, we will be focusing on getting our building block implemented correctly and ensure that the foundation of our system will be the key to our success. Coaches need to prepare your team organisation sheet before coming into camp on the 8th December. Please email asap. For this camp, the focus is on the concepts below:

1. **Passing against Pressure** - Creating leads - Diamond Tap out drill 4 v 0
2. **Offensive Transition** - Running Responsibilities – how you going to run the fastbreak on make and misses?
3. **Defensive transition** - Jammin, ball, safety, help – how do you stop the fastbreak?

You will need to also prepare your practice session plan for the camp. You will have ideally 90 minutes to implement all the concepts above. If you need any help please let me know asap.

If you are using this training as part of your BBNZ Community Coaching Level 1 course practical assessment, please send through your organisation sheet, training plan as well before the camp. As we need to ensure we have a Coach Evaluator available to assess your training session.