

UTAH BASKETBALL ACADEMY

All Successful programs have a system. There should be a system for every aspect of the program.

Here is a list of UBA systems that should be in place:

1. Pre-practice systems: who gets what ready for practice?
2. Warm-up systems: how are they run each day? Who runs it?
3. Practice systems: how does the practice run each day?
4. Clean-up systems: who helps?
5. Offensive systems: what will you implement and when?
6. Defensive systems: what style will you play and when will you implement it?
7. Specific breakdown of skills: how are you going to teach the fundamental skills of the game, and what skills will you emphasize?

What is the Ballers Program? Ballers are Academy teams.

Bitty Ball (4–7) Ages, Jr Ballers (8–10) Ages, & Ballers (11–14) Ages.

The Bitty Ball Program Philosophy.

The philosophy of the **Bitty Ballers Program** - Bitty Ball introduces children to the game of basketball, our on court coaches educate children about the rules of basketball throughout the session as well as reinforce teamwork and skills in a fun and supportive environment. This innovative program is designed to facilitate a child's progression through the early stages of basketball. They will develop targeted skills and teamwork, interact with their friendly coaches and most importantly, have fun!

The Ballers & Jr Ballers Program Philosophy.

The philosophy of the **Ballers Program** is to identify player's potential on a continuing and consistent basis, which will lead to increased success for the **Ballers** teams on the Academy level. This also will provide constant competition within the Academy's teams to bring out the best of our players and coaches.

Purpose- Ballers

The purpose of the **Ballers Program** is to identify a pool of 42-60 players in each age group from which 6 teams will be selected for Academy league competition; to provide basic-level training to benefit and enhance the development of players at all levels. Baller's players can graduate to the **Select Ballers Program**.

How are Players Selected?

Players are selected on the basis of open draft. The draft is conducted by UBA trainers and coaches who are recognized for their ability to identify, train and coach players from beginner-to-superior skills. Selection of these players is not an easy task. The **Ballers** head coaches will be assisted in the selection process by several other qualified coaches from the Academy. Players are evaluated on the six components that make up a basketball player:

- Work Ethic
- Skill
- Talent
- Potential
- Fitness and Athletic Ability
- Psychological Component (attitude)

What are the Benefits of Participating in Ballers Program?

- Development as a player
- Opportunity to train and play with the best players in athlete's age group
- Quality instruction from quality coaches
- Quality competition - Games against Academy.
- Exposure to the game at a high level.