

A GUIDE TO

Liston College Basketball

BASKETBALL PATHWAY FROM YEAR 7 TO PREMIER 1ST V

Year 7-8



- Head Coach- Patrick Smith (Old Boy)
- Basketball Academy - 90mins per week with BJ Anthony (timetabled)
- Western Zone competition
- Auckland Zonal Championships
- U13 weekly competition (YMCA)
- AIMS Games Basketball
- 3 v 3 Friday Night Social League
- Refereeing courses available.

Year 9-10



- Head Coach - Benny Jnr Anthony (ex Tall Black and Breakers)
- Assistant Coach - Marcus Freeman
- Basketball Academy - 90mins per week (timetabled sessions)
- HPU (High Performance Unit) focussing on: Weak hand strengthening, ball handling, footwork, one on one defence, finishing and shooting form.
- Year 9/10 A and B
- 3 v 3 Friday Night Social League
- Junior Premiers Zonal Championships
- Junior Premiers Nationals (if qualified)
- Year 10 Strength and Conditioning Programme 120mins per week with Generation 612.
- Refereeing courses available to players.

Year 11-13



- Head Coach - Benny Jnr Anthony (ex Tall Black and Breakers)
- Assistant Coach - Marcus Freeman
- U17A Coach - Tylo Baatjes (Old Boy)
- HPU - Technical position specific coaching with BJ Anthony and Marcus Freeman
- Strength and Conditioning Programme 120mins per week with Generation 612
- Scheduled training - 180mins per week
- Premier Boys (Friday night)
- U19B (Wednesday) - includes wider premier squad
- U17 (Thursday)
- Thursday Night Social League
- BBNZ Regional Qualifiers and National Tournament
- Year 10-12 Development Programme (Post Season)

