



TARGETED ATHLETE STRATEGY (TAS) HIGH PERFORMANCE TRAINING (HPT) AND CENTRE FOR PERFORMANCE (CP) 2020 FALL PROGRAM OVERVIEW

HPT and CP programs will adhere to the guidelines outlined in the [Basketball BC Return to Sport \(RTS\) Plan](#), which is based on the current provincial Sport Sector Guidelines as approved by the Ministry of Health.

Although, the RTS plan for basketball in BC is in Phase 3, currently the Langley Event Center has added some additional restriction and limits formal basketball activities to **training only in a physical distancing format - with limited sharing of equipment** (passing drills and movement drills) between **players and coaches**.

No competition or games will be permitted at this time.

REGISTERED ATHLETE REQUIREMENTS AND PROCEDURES

Prior to attending a Basketball BC program, participants are required to use the [COVID-19 Symptom Self-Assessment Tool](#). Individuals exhibiting symptoms are not permitted to attend or take part in the program and are strongly encouraged to visit a health care professional, COVID-19 Assessment Centre or call your local public health authority, as soon as possible.

Participant safety is of primary importance within each phase and all participants must continue to follow the guidelines established within the **Participant Guidelines** section of the RTS plan. At each session, the staff will verify the name and contact information for each participant and players will need to complete a Player Declaration/Attestation form.

Players will be assigned a training cohort group. These training groups will be maintained through-out the program, not just single practice sessions, to allow for easier contact tracing (if needed) among the group.



INDIVIDUAL TRAINING, SMALL GROUP AND COHORT TRAINING PROGRAM PLAN

Individual player strength, agility, quickness, and conditioning:

- Introduction to latest training drills and techniques
- Increased intensity of fitness work
- Introduction of plyometrics and change of direction
- Increased knowledge to aid in individual. off court training

Individual Player Skill Development:

- Focus on Defensive Skills
 - Footwork
 - Positioning
 - Communication
 - Movement and Rotation
 - Transition Defensive Play
- Focus on Offensive Skill
 - Shooting
 - Ball Handling
 - Passing
 - Transition Movement and Play
 - Communication
- Warm up and Cool down Drills

Small group skills and drills development:

- Partner and Small Group Passing and Movement Drills
- Partner and Small Group Communicative Drills
- Offensive and Defensive Team Movement Drills
- Competitive Individual. skill work drills
- Skill games/competition between players at the same basket, versus other player groups at different baskets while still maintaining physical distancing



Integrated Sport Training:

- **Session on various topics including**
 - Mental Training
 - Nutrition
 - Strength Training

GENERAL RULES AND REQUIREMENTS

- Spectators (including parents) are prohibited from the facility
- Players will be allowed into the facility 5 min prior to their session and must leave immediately at the conclusion of their session
- Please observe social distancing while waiting to enter the facility – do not congregate together in groups
- **Players and Coaches must adhere to the entrance and exit signs and locations and wear masks whenever in common areas with the facility**
- **Each Player and Coach has their own ball, water bottle, face mask, personal hand sanitizer and small towel**
- Limited sharing of equipment (“One player, one ball” – except in passing drills)
- Players and Coaches sanitize hands and ball after drills that involve ball sharing are completed
- Non-contact training is emphasized in all individual and small group skill development drills
- Physical distancing (2 metres / 6 feet) measures maintained throughout session
- Participants must adhere to local public gathering restrictions:
- If someone in the cohort training group develops COVID-19 symptoms, they should alert a designated member of the coaching staff and then follow established COVID-19 protocols as outlined by the Ministry of Health and local Regional Health Authority.
- Other participants within that cohort training group should monitor for symptoms and consult a COVID-19 assessment centre.

Note: The program will adhere to the current approved guidelines. Any adjustments to the program will reflect Ministry of Health approved changes that occur to the Sport Sector Guidelines.