

Adherence to Long Term Athletic Development Model Policy

POLICY STATEMENT

BALL905 Youth Foundation recognizes the importance of providing age and developmentally appropriate training to youth athletes. In alignment with the guidelines set forth by Canada Basketball and Ontario Basketball, the organization is committed to adhering to the Long Term Athletic Development (LTAD) model. This policy aims to promote the holistic development of athletes, optimize their long-term athletic potential, and foster a positive and enjoyable basketball experience.

IMPLEMENTATION OF THE LONG TERM ATHLETIC DEVELOPMENT MODEL

- **Age and Stage-Appropriate Training:**
BALL905 Youth Foundation will design and deliver training programs that align with the various stages of the Long Term Athletic Development model. The organization will consider the physical, mental, emotional, and social development of athletes when planning training sessions, practices, and competitions. Coaches will receive guidance and resources to ensure that training content, intensity, and duration are suitable for each stage of development.
- **Skill Progression and Mastery:**
The organization will prioritize skill progression and mastery within the Long Term Athletic Development framework. Coaches will be encouraged to focus on fundamental skill development, gradually introducing more advanced techniques as athletes progress through the different stages. Emphasis will be placed on individual skill development, tactical understanding, game strategy, and decision-making abilities appropriate to the athlete's age and developmental level.
- **Individualized and Inclusive Approach:**
BALL905 Youth Foundation recognizes the unique needs and abilities of each athlete. Coaches will strive to provide individualized attention and support to athletes, taking into account their strengths, weaknesses, and aspirations. The organization will foster an inclusive environment that values diversity and ensures equal opportunities for all athletes to participate, regardless of their skill level or background.
- **Evidence-Based Approach:**
BALL905 Youth Foundation recognizes the importance of utilizing science-backed training methods to maximize the athletic development and performance of its participants.
- **Physical and Mental Well-being:**
The organization will prioritize the physical and mental well-being of athletes within the



Long Term Athletic Development framework. Coaches will be educated on the importance of injury prevention, proper nutrition, adequate rest, and recovery strategies. They will also promote mental resilience, positive self-image, and mental health awareness among athletes, encouraging a healthy and balanced approach to sport.

COACHING EDUCATION AND CERTIFICATION

- **Coaching Education:**
BALL905 Youth Foundation will provide coaches with ongoing education and professional development opportunities to enhance their understanding of the Long Term Development model. Coaches will be encouraged to attend relevant workshops, conferences, and training sessions focused on athlete development, coaching techniques, and best practices. The organization will support coaches in obtaining coaching certifications and qualifications recognized by Canada Basketball and Ontario Basketball.
- **Certification Requirement:**
BALL905 Youth Foundation mandates that all coaches be certified under the National Coaching Certification Program (NCCP), in accordance with the level necessary for their team's division as determined by the Ontario Basketball Association (OBA). Coaches must obtain the appropriate coaching certification before their first competitive practice, unless they are advised otherwise by the organization.
- **NCCP Training and Development:**
Coaches will be provided with information and guidance on the NCCP pathway and the specific coaching certification requirements outlined by the OBA. BALL905 Youth Foundation will support coaches in accessing NCCP training courses, workshops, and resources necessary to achieve and maintain their required certifications.
- **Continuing Education:**
Coaches will be encouraged and supported in pursuing ongoing professional development opportunities beyond the minimum certification requirements. BALL905 Youth Foundation recognizes the importance of staying up-to-date with the latest coaching methodologies, best practices, and emerging trends in athlete development.
- **Coach Mentoring and Evaluation:**
BALL905 Youth Foundation will provide mentorship opportunities upon request and pair experienced coaches with newly certified or less experienced coaches. This will provide guidance, feedback, and support to coaches as they navigate their coaching journey.
- **Recognition and Incentives:**
The organization will acknowledge and celebrate the efforts and achievements of coaches who demonstrate exemplary dedication and commitment to their coaching. Recognition may



include awards, incentives, and opportunities for professional growth within the organization.

EVALUATION AND CONTINUOUS IMPROVEMENT

- **Athlete Assessment:**
BALL905 Youth Foundation will implement a systematic approach to assess athletes' progress, skill development, and overall well-being per the curriculum and/or expectations set out for their specific program. Coaches may utilize objective and subjective evaluation methods, such as skill assessments, performance feedback, and athlete self-assessment, to monitor athletes' growth and tailor training accordingly.
- **Program Evaluation:**
The organization will conduct annual evaluations of its training programs to assess their effectiveness in adhering to the Long Term Development model. Feedback from athletes, parents/guardians, coaches, and other stakeholders will be sought to identify areas for improvement and ensure the continuous enhancement of training programs.

