

HILLS BASKETBALL ASSOCIATION PLAYER PATHWAY GUIDE



Chronological Age Timeline

3yrs

4yrs

5yrs

6yrs

7yrs

8yrs

9yrs

10yrs

11yrs

12yrs

13yrs

14yrs

15yrs

16yrs

17 +

LITTLE HOOPERS 3-5YRS

SKILLS SESSIONS/CAMPS 5-12YRS Primary School

SKILLS SESSIONS/CAMPS 13-17RS High School

MINIBALL U9-U12

LOCAL COMPETITION U13-Senior/Unisex

PLAY & TRAIN U13-U17

REP DEVELOPMENT - PREP4REPS U11-U18YRS

HORNETS REPRESENTATIVE PROGRAM U12-Senior

NSW BASKETBALL

BASKETBALL AUSTRALIA

Please use this pathway as a guide. Age groups where Local Competition & Skills Sessions are offered, players are encouraged to undertake both (not compulsory).

1

Hornets Academy Little Hoopers
Preschool
Skills sessions held during school term. Basic skills & co-ordination. Fun, active environment.

2

Hornets Academy Skills Sessions & Holiday Camps
Primary School
Skills session held during school term or Holiday Camps. Develop individual skills + team concepts. Beginner to Intermediate.

3

Hornets Academy Skills Sessions & Holiday Camps
High School
Skills session held during school term or Holiday Camps. Develop individual skills + team concepts. Intermediate to advanced. All girls sessions also available.

4

Competitions
Miniball U9 U10 U11 U12
Two seasons available Winter (Term 2 & Term 3) and Summer (Term 4 & Term 1).
3X3 and Schools competitions

5

Competitions
Juniors-Seniors-Unisex
Two seasons available Winter (Term 2 & Term 3) and Summer (Term 4 & Term 1).
3X3 and Schools competitions

6

Play & Train Program (U13 & U18)
Sessions held during school term. Designed for local competition players only. Work hard, improve your skills, become more competitive & learn to play at a higher level.

7

Prep4Reps (U11 & U18)
U11-U18yrs Programs offered Sept-Oct each year for local competition players (non rep players) to development prior to Hornets representative trials.

8

Hornets Representative Program
U12 – Senior Hills Hornets Representative teams are selected from our local competitions to compete in Basketball NSW competitions.

Hornets Intensive Training Program
Variety of workouts offered to improve individual player skills (Rep players only)

Hornets Elite Camps
Specialised Elite Camps held during school holidays (Rep players only)

9

NSW Basketball
Development Programs & State team selection. Athletes are selected from Associations competing in NSW Waratah Leagues.

10

Basketball Australia
WNBL, NBL, Australian teams & Squads (Junior & Senior).