



Basketball Academy Weekly Session Plan

Department: UAC Academy / Coaching

Applies To: All UAC Coaches, Program Directors, and Franchisees

Purpose: To ensure consistent weekly coaching structure, curriculum delivery, and athlete progression across all UAC Basketball Academies.

This SOP defines the structure of training sessions, the use of weekly plans, and quality control aligned with the UAC Athlete Development Framework, Fundamentals → Specific Skills → Game Scenario → Scrimmage.

Scope

This SOP applies to:

- All Basketball Academy programs: Little Rookie, Little Hooper, Little All-Star, Development Rookie, Development Hooper, Development All-Star, and UAC Pro.
- Coaches, Program Leads, and Centre Managers responsible for planning and executing weekly sessions.

Objectives

1. Standardize weekly coaching structure across all UAC franchises.
2. Align with UAC's Athlete Development Pathway (ADP) for consistent progression.
3. Ensure athlete sessions integrate skill, physical, and tactical development.
4. Maintain data-driven monitoring via weekly feedback and testing blocks.

Session Framework (UAC 5-Part Model)

Each session (60–75 mins) follows the UAC 5-Part Basketball Development Model:

Phase	Duration	Focus	Example Content
Warm-Up	10–15 mins	Form, Footwork, Coordination	Form shooting, mobility drills, ball control
Fundamentals	15 mins	Skill foundations	Shooting form, dribbling mechanics, passing control
Specific Skills	15 mins	Position or game skill	Pull-up shooting, off-ball movement, defensive stance
Game Scenario	15 mins	Situational application	1v1, 2v2, 3v3 drills, defensive reads, pressure drills
Scrimmage	10–15 mins	Integration & competition	Controlled games, feedback-based correction

Curriculum Reference

Coaches must use the UAC Curriculum Framework (aligned by development tier):

Tier	Focus Areas	Example Drills
Little Rookie (Ages 7–9)	Fun, basic coordination, ball familiarity	Cone dribble races, target passing, form shooting
Little Hooper (Ages 9–11)	Movement + game awareness	Layup lines, small-sided games, pass & move
Development Rookie (Ages 10–13)	Core fundamentals + shooting	Jab 2-dribble pull-up, rip-through shooting
Development Hooper (Ages 13–15)	Decision making + defense	2v1 dribble pressure, defensive slides
Development All-Star (Ages 14–16)	Advanced ball handling + speed	Pull-up & step-back combos, 3v3 transition
UAC PRO (Ages 16–18)	High performance & tactical	Game simulation, press defense, scrimmage IQ

Weekly Session Template (Standard Format)

Week	Skill Theme	Primary Focus	Key Drills (Rookie / Hooper / All-Star)	Game Scenario	Testing Metric
Week 1	Shooting Mechanics	Form + Consistency	4x Jab Dribble Pull-Up / 6x Catch & Shoot	Close-Out Contest	Shooting %
Week 2	Ball Handling	Control + Reaction	Tennis Ball Drop / Double Crosses	Dribble Pressure 2v1	Turnovers / Success Rate
Week 3	Passing & Vision	Movement + Timing	Hammer Pass / Backdoor Bounce	No-Dribble Scrimmage	Pass Completion %
Week 4	Defense	Slides + Reads	Band Defense / Transition Chase	2v1 Defensive Stop	Stops per Minute
Week 5	Finishing	Contact + Creativity	Combo Layups / Euro Step	1v1 Race to Rim	Finishing %

Weekly Coaching Deliverables

1. Session Plan Submission:
 - Coaches must submit session plans every Sunday 6 PM to the Head Coach or Program Director.
 - Plans must include weekly theme, drills, and learning objectives.
2. Session Execution:
 - Follow warm-up, skill, game scenario, and scrimmage order.
 - Focus on teaching progression: Form → Flow → Game.
3. Data Logging:
 - Record attendance, test results (shooting %, agility, reaction), and weekly highlights.
 - Update UAC CRM or shared sheet for HQ tracking.
4. Athlete Feedback:
 - Quick end-of-session feedback: “What went well / Work on next week.”
 - Log standout performances and coaching notes.

Equipment & Setup Checklist

- Basketballs (per 2 athletes)
- Cones / Agility ladders
- Shooting markers
- Resistance bands (for defense)
- Stopwatch / Timer
- Whiteboard / Coaching clipboard
- Music (Spotify / UAC-approved playlist)

Quality & Consistency Standards

Area	Expected Standard
Structure	All sessions must follow UAC 5-Part Model
Intensity	Target HR 60–80% during main drill sets
Coach-to-Athlete Ratio	Max 1:10
Progression	Drill load or complexity increases weekly
Communication	Positive reinforcement, consistent terminology
Safety	Hydration reminders, warm-up checks, recovery time
Uniform	UAC Coaching Apparel Required

Reporting & Evaluation

Frequency	Report Type	Responsible
Weekly	Session Feedback & Attendance	Coaches
Monthly	Program Summary Report	Head Coach
Quarterly	Athlete Testing Results	High Performance Lead
Bi-Annual	Curriculum Review	UAC HQ Academy Ops

Signage / Athlete Notice (Display in Gym or Court Area)

UAC BASKETBALL ACADEMY

Train with Purpose. Compete with Character.

SESSION STRUCTURE:

1. Warm-Up & Form Shooting
2. Fundamental Skills
3. Game Scenarios
4. Scrimmage & Feedback
5. Recovery & Cool-Down

REMINDERS:

- Arrive 10 mins early and check in.
- Bring towel, drink bottle, and UAC uniform.
- Respect coaches and teammates.
- Effort > Outcome – Learn Every Session.

Review & Continuous Improvement

- The Basketball Academy SOP and Weekly Session Plan are reviewed every 6 months by the UAC Head of Coaching & High Performance.
- Adjustments are based on testing results, athlete progression, and seasonal goals.
- Each program phase must align with the UAC Athlete Testing Week SOP for data feedback loops.