



## Under 16 Girls National Team Programme Activity Summary Report

Submitted by Joe Cahill

### Introduction

The U16 Girls programme started back in September with trials at Cardiff Met University and twenty-two players in attendance. Of the twenty-two girls in attendance, the playing experience varied from 3 months to multiple FIBA tournaments at both the U16 and U18 age groups. Based on the trial all twenty-two players were invited to train with the U16G squad until Christmas when a review of the squad would occur. However, four players made the decision to withdraw themselves before the start of the first training session due to either inexperience or injury. Players predominantly came from Cardiff Archers and Cougars with the following clubs also being represented; Vale, Swansea, Sefton Stars, Manchester Mystics and Cardiff City.

### Prescribed Training

The prescribed sessions focussed on individual development and laying the foundations for the summer in small sided game environments. Attendance varied between 14-18 players and I have been impressed with the way in which the girls have applied themselves to the concepts we have introduced and worked on. The team have benefitted from the support of Ceri Bowley, Sports Psychologist, who came into the programme to run a series of classroom sessions based on confidence and self-talk.

General Squad areas for improvement:

- Crossover in order to create an attacking advantage (driving lane, passing lane or space). Work on the speed of the ball and the speed out of the move.
- Shooting mechanics and willingness to take the open shot. For most this will include increasing your shooting range. For all, it will include improving accuracy/consistency.
- Whole body strength and conditioning to support with balance, quickness, speed and strength.

### Preparation

Thirty-two hours of team training and three fixtures.

- Game v Wales U14G

A win against the younger age group, however, unconvincing in aspects of the game and highlighted the aspects of the game to target in the upcoming months. As a result of their performance, two players were added to the squad from the U14 team.

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- Manchester Hosted Fixtures

#### Manchester U15G – Won

A good performance against an athletic Manchester team. The girls started the game well and demonstrated confidence to attack the basket and shoot the open jump shot which was great to see. Taking an early lead in the game the girls looked confident but seemed unable to stretch their lead.

However, the damage was done in the 3<sup>rd</sup> quarter with the team perfectly executing their transition to offence and finding the open rim runner to score 20 points in the quarter and create a convincing lead that they wouldn't give up.

#### West Lothian Wolves – Lost

A tough game against a strong West Lothian side. The team performed well and inevitably the game could have gone either way.

Tied at the end of the first quarter and going into the half one point up after a buzz beater, the game was played at a fast pace with both sides trading baskets. The team enjoyed success on the fast break and attacking the basket. It was particularly pleasing to see the team look to apply the concepts we have been working on in training. Unfortunately, the third quarter saw the team struggle to continue to apply those concepts and the Wolves took advantage opening up a convincing lead that despite their best efforts in the 4<sup>th</sup> quarter Wales would never close. Despite the score, it was a good performance by the team with lots of positives and it has highlighted some areas which we need to work on in order to be ready for our next challenges.

41-40, 68-80

Game Tape - <https://drive.google.com/drive/folders/0B4UE7XAsv4bUNmF2S3d6YVZ5Nmc?usp=sharing>

A great couple of games that showed the progress the squad had made and an excellent starting point for our preparation for the FIBA tournament. All of the girls got a good amount of minutes on the court and it was a great opportunity to experiment with combinations on the court.





### Upcoming Events

- Tournament in Poland – Thursday 6<sup>th</sup> to Sunday 9<sup>th</sup> July  
15<sup>th</sup> INTERNATIONAL BASKETBALL TOURNAMENT GNIEZNO 2017

[www.tsbasket.gniezno.pl](http://www.tsbasket.gniezno.pl)

[facebook.com/tsbasket](https://facebook.com/tsbasket)

The 15<sup>th</sup> International Basketball Tournament for boys and girls will take place in Gniezno on 5 full-sized sports halls and will be attended by teams from countries such as: Spain, France, Belgium, Israel, Belarus, Great Britain, Hungary, Netherlands, Ukraine, Ireland, Estonia, Latvia, Finland, Germany, Russia, Turkey, Sweden, Czech Republic, Denmark, Macedonia, Lithuania, Serbia, Italy and Poland.

There will be at least 5 games in 4 x 8 minutes format.

- FIBA Division C Championship, Gibraltar – Sunday 23<sup>rd</sup> to Monday 31<sup>st</sup> July 2017

### Group Games

Gibraltar, Armenia & Monaco

### Programme Overview

Prescribed Sessions		
16/10/2016	Training	3hr
13/11/2016	Training	3hr
18/12/2016	Training	3hr
08/01/2017	Training	3hr
12/02/2017	Training	3hr
12/03/2017	Training	3hr
09/04/2017	Training	3hr
FIBA Preparation		
7th May	**skills session - optional	
20th May	Training	5hr
21st May	Training	4.5hr
3rd June	Tournament in Manchester	





Prescribed Sessions		
18th June	Training	5 hr
24th June	Training	5hr
25th June	Training	4 hr
6th July	Tournament in Poland	
7th July		
8th July		
9th July		
10th July		
15th July	Training	5hr
16th July	Training	4 hr
23rd July	FIBA	
24th July	FIBA	
25th July	FIBA	
26th July	FIBA	
27th July	FIBA	
28th July	FIBA	
29th July	FIBA	
30th July	FIBA	
31st July	FIBA	

