
Basketball Wales U14 Boys 2019

In Overview of the Welsh U14 boy's year, it was an all in all successful and enjoyable programme. Consisting of trials, training sessions, Friendlies and four tournaments.

The Staff within the programme contained myself, Neil Davies (Assistant Coach), James Dawe (Assistant coach) and Danielle Maciver (Team manager). Neil was a great asset to the team, alongside his coaching experience, he had also coached the boys the previous season which enabled him to provide valuable insight. James was able to offer his own experience of being an international player and his coaching knowledge from a range of coaching experiences over the years. Danielle was an irreplaceable member of the team, highly organised, committed, and professional and the season would not have been possible without her.

After a successful trial, a group of 24 boys were selected to create two U14 squads. This number raised throughout the year to 26 as we had valuable additions who had missed the original trials. The majority sessions focused on three things:

Education: We had educational sessions in the classroom before all training session, topics such as Strength and Conditioning, Referees, leadership and Nutrition we discussed alongside basketball specifics.

Fundamental Development: Elements of the sessions were focused around developing the basic fundamentals of basketball.

Understanding: The main focus was to try and develop the players understanding of the game. The squad ran a 5-out system and focused on the players gaining a understanding of reads, actions and decision making elements within that system.

Throughout the year we attended a number of tournaments, the first being in December, where we travelled with two squads to play in the Leicester Riders day tournament. It provided us the first taste of competitive basketball of the season, with both teams getting two games each. It was early days and Leicester were a challenging opposition but was good to see an understanding of some of the early concepts implemented.

After the Christmas break training sessions began to intensify as we were building up to selecting 12 players to represent their country out in Barcelona. In March we attended Glozball tournament bringing two squads, it was positive to see the improvement and for both teams to have success. In the following couple of months, consistency was seen in the session and the boys were focused on developing and learning. A number of friendlies were organised for the squads to have warm-up fixtures for Barcelona and Surrey.

In June a squad of 12 players travelled to compete in Barcelona. I would like to thank Jonathan Royall who stepped in as Assistant Coach for this tournament, he was excellent throughout. Barcelona was a fantastic experience, thanks to the players for acting professional and the parents offering endless support. The competition was challenging but the players thrived off the competitiveness and became closer as a squad. There were a number of close games and we managed to get our win on the final day of the tournament, which the boys fully deserved. I believe the tournament gave the boys an insight into what an international trip is like and I believe it has given them memories they will never forget.



Finally, a week after we returned from Barcelona we travelled as two squads down to Surrey. This tournament was fantastic to see, both squads demonstrating a clear understanding of the concepts we had implemented and supporting each other as a squad on and off the floor. The parents once again displayed their outstanding support. One team battled well but took some unfortunate loses throughout the tournament but fought all the way to the end. The other team had a successful tournament and narrowly lost in the final against the home team. One of our players was voted MVP of the tournament, he and his fellow teammates were delighted.

In conclusion I believe it has been a successful programme, the staff, players and parents were exceptional. The programme provided the players with a well round international team experience. They were developing on and off the court and were able to apply themselves at UK tournaments and a tournament abroad. I hope this has provided a solid stepping stone to the next stage of their international career.



I would once again like to thank the staff, players and parents for a fantastic year.

Stefan Rosier - U14 Boys Head Coach.