

Varsity College Year 9 ASPIRE BASKETBALL 2025 Term 1

Week	Date	Topics	Assessment
1	27-31 January	Introduction to training programs	
	O-Week Australia Day: Monday	Knowing your own Fitness profile/ strengths & weaknesses	
		Aspire Fitness Testing	
2	3-7 February	Training Programs: Methods of Training / Components of Fitness	
		Strength & Conditioning Pre-Test: Strength/Strength Endurance	
3	10-14 February	Resistance Training, Periodization & FITT Principals	
3	Swimming Carnival: Tuesday	Strength & Conditioning + Skills, drills & Game Play	
4	17-21 February	Using Strength & Conditioning Training	
4		Strength & Conditioning + Skills, drills & Game Play	
	24-28 February	Using Strength & Conditioning Training to developing specific	
5		areas of fitness (continue)	
		Strength & Conditioning + Skills, drills & Game Play	
•	3-7 March	Understanding Exercises used to develop certain muscles	
6	GC25: Wednesday	Strength & Conditioning + Skills, drills & Game Play	
-	10-14 March	Understanding Exercises used to develop certain muscles	
7		Strength & Conditioning + Skills, drills & Game Play	
8	17-21 March	Project preparation	
		Strength & Conditioning Post-Test: Strength/Strength Endurance	
9	24-28 March	Skills, drills & Game Play	Project Final – Lesson 2
10	31 March - 4 April	Cross Country Preparation + Skills, drills & Game Play	

Term 2

Veek	Date	Topics	Assessment
1	21-25 April	Role of a Coach & Coaching & Lesson Planning	
	Easter Monday ANZAC Day: Friday	Intro to General Coaching Principles + Skills, drills & Game Play	
2	28 April-2 May	Lesson Plan Development	
		General Coaching Principles – Junior Coaching session planning	
		Strength & Conditioning + Skills, drills & Game Play	
3	5-9 May	Junior Campus Coaching Session 1.	
	Labour Day: Monday	Coaching session planning + Skills, drills & Game Play	
4	12-16 May	Junior Campus Coaching Session 2.	
		 Coaching session planning + Skills, drills & Game Play 	
5	19-23 May	Junior Campus Coaching Session 3.	
		 Coaching session planning + Skills, drills & Game Play 	
6	26-30 May	Junior Campus Coaching Session 4.	
		 Coaching session planning + Skills, drills & Game Play 	
7	2-6 June GC25: Wednesday	Project Draft Due + Skills, drills & Game Play	
8	9-13 June GC25: Wednesday	Assessment feedback and drafting + Skills, drills & Game Play	
9	16-20 June	Project Final Due + Skills, drills & Game Play	Project Final Due
10	23-27 June	Skills, drills & Game Play	