



ONE PATHWAY. YEAR-ROUND DEVELOPMENT.

DEVELOP SKILLS. BUILD CHARACTER. ACHIEVE TOGETHER.



DEVELOP SKILLS



BUILD CHARACTER



ACHIEVE TOGETHER



BE THE BEST VERSION OF YOU

A CLEAR PROGRESSION. ONE CONTINUOUS JOURNEY.

FALL 2026 | JR. NBA DEVELOPMENT LEAGUE

Learn the Game. Play the Game. Love the Game.

Our Fall program develops fundamental skills in a fun, supportive environment using Canada Basketball's age-appropriate curriculum.



WHY JR. NBA?

Small-sided games (3v3 / 4v4) mean:



MORE BALL TOUCHES



MORE SHOT ATTEMPTS



MORE DECISION-MAKING



MORE CONFIDENCE



MORE FUN

EVERY 60-MINUTE SESSION

SKILL DEVELOPMENT (40 MINUTES)

- Shooting
- Ball handling
- Passing
- Footwork & movement
- Athleticism & coordination
- Decision making

GAME PLAY (20 MINUTES)

- 3-on-3 or 4-on-4 games with real-time coaching on:
 - Spacing & teamwork
 - Basketball IQ
 - Offense & defense
 - Sportsmanship & rules



PROGRAM HIGHLIGHTS



12-13 WEEK SEASON
SEPT - DEC 2026



CANADA BASKETBALL VERIFIED ORGANIZATION



AGE-SPECIFIC CANADA BASKETBALL CURRICULUM



3v3 / 4v4 GAME FORMAT



ALL SKILL LEVELS WELCOME



WINTER 2027 | WINTER BASKETBALL LEAGUE

Where Skills Become Game Confidence.

In Winter, players join a team, build friendships, and experience the excitement of real games while continuing to develop.

WHAT TO EXPECT EACH WEEK



DYNAMIC WARM-UP



SKILL OR STRATEGY INSTRUCTION



TEAM PRACTICE



FULL GAME PLAY

Approx. 2:1 ratio of game play to skill development to maximize experience and improvement.

FOCUSED ON



DEVELOP SKILLS

- Shooting
- Ball handling
- Passing
- Footwork
- Team offense
- Defensive concepts



BUILD BASKETBALL IQ

- Team concepts
- Decision making
- Court awareness
- Game strategy
- Communication



GROW CONFIDENCE

- Contribute
- Compete
- Improve
- Learn from mistakes
- Celebrate success

WHY FAMILIES LOVE OUR HOUSE LEAGUE

- ✓ Welcoming for all players
- ✓ Positive, encouraging coaches
- ✓ Balanced competition
- ✓ Team-first environment
- ✓ High-energy weekly games
- ✓ Great winter activity
- ✓ Builds confidence
- ✓ Keeps kids active



FALL BUILDS THE FOUNDATION. WINTER BUILDS THE CONFIDENCE.

Two seasons. One journey. Endless potential.

DISCOUNT!

SAVE \$50

WHEN YOU REGISTER FOR BOTH FALL AND WINTER SESSIONS.

SAVE \$50

FOR EACH SUBSEQUENT REGISTRATION WITHIN THE FAMILY.