



MELBOURNE UNITED DEVELOPMENT ACADEMY

2026 OUTLINE

S.H.A.R.E - SELFLESS, HARD, ACCOUNTABLE, RELENTLESS, EXECUTE

TERM 1

Week 1-4 - Skill Development

- Ball handling (stationary, on the move, under pressure).
- Passing (chest, bounce, overhead, one-hand push pass, passing under pressure).
 - Shooting mechanics (form, balance, follow-through).
- Offensive and defensive footwork (stance, slides, pivots).
 - 1v1 principles and decision-making drills (2v1, 3v2).
 - Small-sided games introducing MU style.

Week 5-8/9 - Style of Play

- Weekly skill development component with an emphasis on shooting and passing.
- 2v1 and 3v2/3v3 small-sided games with an emphasis on spacing and loaded side concepts.
 - Progress to 4v4 half-court games introducing early offensive concepts.
- Reinforce MU's offensive and defensive terminology.

By term end, athletes should have a solid foundation ball-handling, passing, shooting mechanics, and footwork while starting to understand EARLY offensive concepts and defensive terminology

TERM 2

Week 1-4 - Skill Development

- Ball handling under game-like pressure.
- Passing variations in dynamic setting (fast breaks, post feeds, skip passes).
 - Shooting development (catch and shoot, off-the-dribble, spot-up shooting).
 - Offensive footwork (off-ball movement, cutting, finishing at the rim).
- Defensive footwork (help-side defence, rotations, positioning).
 - 1v1 play emphasising attacking with proper footwork.
 - Small-sided games introducing MU style.

Week 5-8/9 - Style of Play

- Weekly still development component.
- Continue 3v3 small-sided games incorporating big low into Punch screen or Pin away concepts.
 - Transition to 4v4 emphasising spacing, movement and EARLY concepts.
 - Reinforce and expand MU's offensive and defensive terminology.
- Introduce 5v5 half-court games to apply small-sided game concepts.

By term end, athletes should understand Punch screen and Pin away actions, along with MU's weak and strong defensive principles.

TERM 3

Week 1-4 - Skill Development

- Ball handling in tight spaces and game-like scenarios.
- Passing under pressure and improving decision-making.
 - Shooting (catch and shoot, contested shots, off-screen shooting).
- Offensive footwork (post moves, perimeter footwork, finishing techniques).
- Defensive footwork (recovery positioning, transition defence, rotations).
 - 1v1 offensive and defensive skill applications
- Small-sided with increased complexity to enhance decision-making.

Week 5-8/9 - Style of Play

- Weekly still development component.
- Continue with 3v3 games, introducing big low into splits high and splits low concepts.
- Move to 4v4 games emphasising spacing, movement, and EARLY offensive execution.
- Reinforce and expand MU's offensive and defensive terminology.
 - Implement 5v5 games to integrate previously developed concepts.

By term end, athletes should be comfortable executing splits high and splits low, along with MU's defensive principles.

TERM 4

Week 1-4 - Skill Development

- Ball Handling under pressure and in transition.
- Passing in motion, quick decisions in offensive sets.
- Shooting (off screens, in transition, mid-range and perimeter shooting).
- Offensive footwork (counter moves, off-ball movement, finishing under contact).
 - Defensive footwork (containment anticipation, defensive recovery).
- Small-sided games simulating in-game decision-making.

Week 5-8/9 - Style of Play

- Weekly still development component.
- 3v3 small-sided games incorporating all offensive concepts (big, up-loaded side, big low, high splits, and low splits).
- Transition to 4v4 games emphasising advancing spacing, offensive execution and EARLY concepts.
 - Reinforce all offensive and defensive terminology.
- Conclude with 5v5 full-court games integrating all skills and concepts learned throughout the year.

By term end, athletes should have a strong grasp of all fundamental skills, offensive strategies, and defensive principles, preparing them for a seamless transition into the Performance Academy.

The Melbourne United Basketball Academy (MUBA) is dedicated to developing young athletes by focusing on the core fundamentals of the game, ensuring they build a strong foundation in skills, decision-making, and game awareness. Every player, from the NBA and NBL to grassroots basketball, works on their skills daily— because continuous improvement is the key to success. As the saying goes, "Hard work beats talent when talent fails to work hard," and at our academy, we instil that mindset in every athlete, teaching them that dedication and effort will always set them apart.

THE MUBA PATHWAY: DEVELOPMENT ACADEMY - PERFORMANCE ACADEMY - ELITE ACADEMY (COMING SOON)