



MELBOURNE UNITED PERFORMANCE ACADEMY 2026 OUTLINE

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

TERM 1

Week 1-4 – Skill Development

- Ball Handling and passing.
- 1v1 offence, defence and floor spot shooting, on zero and contested.
- Decision making (2v1, 3v2, 4v3 etc).
- Small-sided games that reflect MU style of play and start to layer in the SHARE values and the terminology.

Week 5-8/9 – Style of Play

- Weekly still development component.
- Continue with 3v3 small-sided games using the MU style of play, starting with loaded side concepts.
- Progress to 4v4, emphasising floor spacing and early offensive concepts.
- Build on MU's offensive and defensive terminology.
- Conclude with 5v5 half and full-court games to connect small-sided games to larger 5v5 context.

By term end, athletes should understand EARLY concepts and MU defensive terminology.

TERM 2

Week 1-4 – Skill Development

- Ball Handling and passing.
- 1v1 offence, defence and floor spot shooting, on zero and contested.
- Decision making (2v1, 3v2, 4v3 etc).
- Small-sided games that reflect MU style of play and start to layer in the SHARE values and the terminology.

Week 5-8/9 – Style of Play

- Weekly still development component.
- Continue 3v3 games reflecting MU's style of play, starting big low into Punch screen or Pin away concepts
- Transition to 4v4, focusing on floor spacing and offence initiation, using EARLY concepts.
- Reinforce MU's offensive and defensive terminology.
- End with 5v5 half and full-court games to connect small-sided practice to larger 5v5 context.

By term end, athletes should understand EARLY concepts (Punch screen, Pin away) and defensive terminology (weak, strong).

TERM 3

Week 1-4 – Skill Development

- Ball Handling and passing.
- 1v1 offence, defence and floor spot shooting, on zero and contested.
- Decision making (2v1, 3v2, 4v3 etc).
- Small-sided games that reflect MU style of play and start to layer in the SHARE values and the terminology.

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.
- Transition to 4v4 for floor spacing and EARLY offensive strategies.
- Conclude with 5v5 games connecting prior practice to 5v5 play.

By term end, athletes should grasp EARLY concepts (splits high, splits low) and defensive terminology (weak, strong).

TERM 4

Week 1-4 – Skill Development

- Ball Handling and passing.
- 1v1 offence, defence and floor spot shooting, on zero and contested.
- Decision making (2v1, 3v2, 4v3 etc).
- Small-sided games that reflect MU style of play and start to layer in the SHARE values and the terminology.

Week 5-8/9 – Style of Play

- Weekly still development component.
- Continue with 3v3 games, covering all concepts: big up, up-loaded side, big low (Punch, Pin away), and splits (High and Low).
- Transition to 4v4 focusing on floor spacing and EARLY concepts.
- Reinforce MU's offensive and defensive terminology.
- Conclude with 5v5 games that integrate the skills developed over the year.

By term end, athletes should understand our EARLY concepts big up, up-loaded side, big low (Punch, Pin away), and splits (high, low) and defensive terminology (weak, strong).

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)