



BASKETBALL DEVELOPMENT PROGRAM

2026 OVERVIEW

SMYRNA BASKETBALL ASSOCIATION



The Smyrna Basketball Association is a community-based organization that promotes the sport of basketball in the Smyrna area. It focuses on providing youth basketball programs, coaching clinics, and recreational leagues to foster player development and community engagement.





HONOR SPORTS ACADEMY

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At Honor Sports Academy, we are dedicated to shaping future leaders through a powerful combination of sports training, mentorship, and personal development. Guided by our core pillars of perseverance, winning, leadership, fellowship, and strength, we empower athletes to excel both on and off the court.



SUPPORTING STATISTICS



Youth sports attrition, the rate at which young athletes drop out of sports by age 13, is alarmingly high at **70%**. However, studies have shown that structured training programs can significantly reduce these dropout rates by **20-30%** while also improving the confidence of young athletes by up to **50%**.



Attrition Rate by Age 13



20-30%
Reduced Dropout Rate



up to 50%
Improved Confidence

HSA & SBA DEVELOPMENT PROGRAM

OBJECTIVES

- **Address Skill Development Gaps**

The program addresses specific skill gaps identified in player assessments, providing targeted training and coaching to improve overall player performance and development.



- **Adhere to Parental Expectations**

The program meets the expectations of parents by offering a well-structured curriculum, qualified instructors, and opportunities for players to showcase their progress and achievements.

- **Create Inclusive Player Experiences**

The program ensures that all players, regardless of their skill level or background, are provided with equal opportunities to participate, learn, and grow, fostering a inclusive and supportive environment.



- **Drive Postseason Engagement**

The program promotes continued engagement and involvement after the regular season, such as through tournaments, clinics, or community events, keeping players motivated and connected to the sport.

DEVELOPMENT PROGRAM OUTLINE



6-Week Training Program

The program consists of an 6-week training regimen, with two 90-minute sessions per week, focused on structured skill development, gameplay, and guidance from experienced coaches.

Skill Development

Each training session will include structured activities and advance drills designed to help participants develop and refine key skills, such as technique, strategy, and decision-making.

Competitive Gameplay

In addition to skill development, the program will incorporate regular gameplay opportunities, allowing participants to apply their skills in a competitive environment and receive feedback from the coaches.

Experienced Coaches

The program will be led by a team of experienced coaches who will provide individualized guidance, feedback, and support to help participants reach their full potential.

The Development Program offers a comprehensive approach to basketball development, aligning with SBA's goals of fostering high-quality recreational basketball and player improvement.

BENEFITS FOR PLAYERS & PARENTS



Skill Improvement

Players develop tangible improvements in their athletic abilities, such as dribbling, shooting, passing, speed, accuracy, basketball IQ, and defensive techniques through targeted drills and coaching.



Confidence Building

Participation in the program helps players build self-confidence, resilience, and a positive mindset, empowering them both on and off the court.

Teamwork Development

Players learn the importance of collaboration, communication, and supporting their teammates, fostering a strong sense of camaraderie and team spirit.



Mentorship and Guidance

Players will have access to experienced coaches and veterans who can provide mentorship, advice, and support to help them navigate their early basketball journey.



Strength and Conditioning

Beyond Basketball it's important to develop and drive young athletes to improve their conditioning to support not only athletics but a healthy lifestyle.

COST COMPARISON

Private training vs. our program (\$ per 6 weeks)



Private Small Group Training
(High-End)



Entry Group Training
(Low-End)



HSA & SBA Development Program:

- 12 Sessions of Group Training
- Measurable Progress
- Competitive Driven
- Session Flexibility
- Highly Affordable
- Proven Results

FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 REGISTRATION OPENS	3	4	5	6	7
8	9	10	11	12	13	14 EARLY BIRD FULL REGISTRATION ENDS
15	16	17	18	19	20	21
22 FULL REGISTRATION CLOSED	23 START 	24	25 	26	27	28



REGISTRATION OPENS



EARLY BIRD FULL REGISTRATION ENDS



FULL REGISTRATION CLOSED



SESSION DAYS 6:00 PM - 7:30



FULL & SESSION 1 START

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 	3	4 	5	6	7
8	9 	10	11 	12	13	14
15	16 	17	18 	19	20	21
22	23 	24	25 	26	27	28
29	30 	31				



SESSION DAYS 6:00 PM - 7:30



SECOND HALF START

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3	4
5	6 	7 	8 	9 	10 	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



PROGRAM FINALE

WHAT TO BRING

(Participants in the Program Need to Bring the Following Shown to Each Session)



WATER BOTTLE



**BASKETBALL LABELED
WITH NAME**



GYM CLOTHES

Provided Development
Program shirt is encouraged

(Standing room only for parents in the gym, drop off highly encouraged)

THANK YOU

We're thrilled to have you as part of this exciting journey. Let's build stronger players, smarter athletes, and a thriving SBA basketball community—**together!**

