



EMPOWER BASKETBALL
Premium Guard Development Academy
Athlete Development Roadmap

September 2026 – June 2027

OUR PROMISE TO FAMILIES

At Empower Basketball, we believe great players are built through consistent habits, deliberate practice, and a structured long-term development system.

Our Premium Guard Development Program is designed to develop skilled players, confident decision-makers, durable athletes, and effective leaders.

THE EMPOWER DEVELOPMENT MODEL

Every athlete progresses through six carefully designed phases. Each phase builds upon the previous one to ensure sustainable growth both on and off the court.

PHASE 1: BUILD THE FOUNDATION (September–October)

Key Focus Areas

- Ball Handling Fundamentals
- Athletic Footwork & Balance
- Shooting Mechanics
- Basketball Spacing Concepts
- Core Stability
- Ankle Mobility
- Hip Activation

Success Indicators

- Handle the ball confidently with both hands
- Develop stronger movement patterns
- Build confidence and consistency

PHASE 2: CREATE ADVANTAGES (November–December)

Key Focus Areas

- Finishing Through Contact
- Floater Development
- Separation Moves
- Catch-and-Shoot Shooting
- Reading Defenders
- Recovery Education

Success Indicators

- Attack the basket with confidence
- Create separation from defenders
- Improve offensive decision-making

PHASE 3: BASKETBALL IQ & GAME APPLICATION (January–February)

Key Focus Areas

- Advantage Basketball
- Pick-and-Roll Reads
- Passing Decisions
- Defensive Recognition
- Live Competitive Scenarios

Success Indicators

- Increase court awareness
- Make quicker decisions
- Transfer skills into games

PHASE 4: POSITIONLESS BASKETBALL (March–April)

Key Focus Areas

- Guard Skills
- Wing Skills
- Forward Skills
- Rebounding
- Offensive Versatility

- Multi-Position Development

Success Indicators

- Become a complete basketball player
- Contribute in multiple roles

PHASE 5: COMPETITIVE PERFORMANCE (May)

Key Focus Areas

- Shot Creation
- Late-Game Situations
- Advanced Scoring
- Competitive Execution

Success Indicators

- Perform under pressure
- Increase confidence in competition

PHASE 6: EVALUATION & FUTURE PLANNING (June)

Key Focus Areas

- Performance Assessments
- Leadership Development
- Goal Setting
- Offseason Planning

Success Indicators

- Receive individualized development feedback
- Build a future growth plan

EMPOWER PT ATHLETE PERFORMANCE SYSTEM

Integrated throughout the entire season to support durability, athletic development, and long-term health.

- Neuromuscular injury prevention training
- Ankle and knee injury reduction strategies
- Core strength development
- Hip activation and mobility training
- Soft tissue maintenance education
- Recovery and performance optimization

- Understanding pain, soreness, and injury management

YEAR-END ATHLETE OUTCOMES

- Improved ball-handling confidence
- Advanced scoring ability
- Enhanced basketball IQ
- Faster decision making
- Better movement quality
- Increased durability and resilience
- Leadership and communication growth