

HoopLab Academy – Parent Guide

Welcome to the HoopLab Academy

The HoopLab Academy is the core development program at HoopLab. It is designed for players who want to improve their skills, understanding, and confidence through structured, intentional training.

The Academy is not about shortcuts, highlights, or keeping players busy. It is about building reliable, confident players who can contribute positively in games and team environments.

What Makes the HoopLab Academy Different?

At HoopLab, we believe development is earned, not assumed. Team selection does not always reflect development level, and strong habits matter more than flashy skills. Players learn best in environments matched to their readiness.

Academy Structure

The Academy operates on a term-based structure with clear development themes across each term. Sessions are planned to build progressively, rather than delivered as isolated workouts.

Academy Levels

Academy — Readiness

Build consistency. Train with intent.

Readiness is designed for players who are still developing consistency in their core skills and learning how to train with purpose. The focus is on reliable fundamentals, quality movement, and understanding how skills connect to simple game situations.

Academy — Impact

Turn skills into influence.

Impact is designed for players who are ready to apply their skills in more complex, game-like environments. The focus shifts toward decision-making, reading defenders, and impacting the game on and off the ball.

Academy Placement Philosophy

Academy placement is based on readiness and learning needs, not team labels. Players may move between levels as their development progresses.

How Players Enter the Academy

Step 1 — Jumpstart Ready Check

All new players begin with the Jumpstart Ready Check. This provides a consistent baseline and helps us understand how a player moves, executes skills, and responds to coaching.

Most players will begin their journey in The Jumpstart program, where strong foundations and habits are built.

Step 2 — Starting Point Session (by invitation)

Players who demonstrate high readiness in the Jumpstart Ready Check may be invited to complete a Starting Point Session. This session allows coaches to observe training habits, communication, and decision-making in a live environment.

Following the Starting Point Session, players are recommended for Jumpstart, Academy — Readiness, or Academy — Impact based on the environment that will best support their development.

Core Academy Habits

Defensive Communication — “Talk Your Task”

Players are taught to communicate clearly and consistently on defence. Talking is treated as a skill that builds trust and helps players stand out in team environments.

0.5 Decision-Making

Players are trained to make quick decisions on the catch — shoot, drive, or pass — to improve ball movement, spacing, and team flow.

What a Typical Academy Session Looks Like

Each Academy session follows a consistent structure: arrival and intent-setting, movement preparation, skill development, decision-making, competitive scenarios, and reflection.

Final Word

The HoopLab Academy exists to help players become reliable, trusted teammates who understand the game and themselves better. If you have questions about placement or progression, we're always happy to talk.