



Saudi Basketball Federation

Athlete Pathway





Athlete Pathway Details

Athlete pathway								
Grassroot & mass participation		Talent Development				Elite performance		
FTEM Model								
Foundation		Talent				Elite		Mastery
F1	F2	T1	T2	T3	T4	E1	E2	M1
Learning and acquisition of basic movement	Sport specific commitment / competition	Demonstration of potential Physical & technical skills	Verification	Practicing and achieving	Breakthrough & reward: Youth NT + Directed to Clubs	Senior National Team Representation	Individual International career	Elevating NT classification and Podium
Athlete expectations								
Basic skills and mobility	Serious about committing to the game and mastering all basic skills	Development of skills (by position, and team concept), and physical ability. Commitment to attending practices & competitions		- Physical development of player - Maturity in tactical understanding & team concepts - Increased Commitment Level - Shows interest in additional training sessions - Advanced skill level in specialized position		- Focus on particular attention to technical and physical details - Emphasize tactical strategies and team dynamics - Additional individual training - Implement off-season training programs - Follow nutrition program - Comprehensive care for physical well-being		E1 + mental coaching skills To compete effectively and achieve podium finishes in international tournaments
Daily training environment								
Fun drills to introduce basic rules & skills on weekends	3 days a week Focusing on advancing foundational skills, understanding game rules, and practicing game situation	Weekly heavy work on skills (one on one, two on two and three on three) as well as physical work, agility & speed		Weekly intensive skill development sessions that include one-on-one, two-on-two, three-on-three drills, and physical training focused on agility and speed. In addition to enhancing individual skills, the need for understanding team concepts and practicing tactical strategies. Furthermore, players dedicate time to work on their specialized positions		Daily training focused on enhancing individual skills and physical development. Additionally, the emphasis to train on off-season period on physical preparation and targeted improvement of underdeveloped skills		E1 + E2 + exposure to advanced physical and technical basketball skills and development from a more developed countries
Competition target								
SBF Jamboree competition	SBF Local competition	SBF local & National competitions	-	SBF local & national competition Gulf Asia Competition Asia Championship	SBF local & national competition Gulf Asia Competition Asia Championship	SBF local & national Asian Qualifiers Asian Cup World Cup qualifiers World Cup	Regional Clubs Continental Clubs FIBA Intercontinental Cup	Classification in world & Asia ranking + Podium in Asian Competition
Age range (years)								
8 - 10 years old	U12	U14	U14 & U16	U16	U18	Seniors (Above 18 years old)		
# of athletes at each stage (latest)								
416		31				20		