

MPB SYSTEM – UPDATED MANUAL LOOP: COLE HOLDEN

PLAYER CONTEXT

Name: Cole Holden

Age: 10

Level: 3 (Team Layer 2)

Primary Development Focus: Base and Balance

Active Constraints:

- Must establish base before shot (Fight for Feet)
- Cue-based shot rhythm after contact or pressure
- Breath + bounce reset after emotional friction

SESSION SNAPSHOT

Recent Dates: April 15, 2025, April 17, 2025

Session Tags: Constraint Execution, Emotional Rebooting, Push/Pull Reads

Coach Cues Used: Be decisive with space, Reset base before launch, Land, breathe, then shoot

Behavioral Patterns Observed:

- Rushed shot pacing under pressure
- Collapsed base when speed increased
- Emotional spiral after early misses

PREVIOUS INSIGHTS

Player Reflection Summary:

> Process sound, but emotionally anchored to result. Frustrated by disconnect between good read and missed outcome.

Coach Observation Summary:

> Cole executed core constraint ~50%. Emotional dysregulation spiked after first miss. FFF understood but not stabilized under pressure.

UPDATED REFLECTION PROMPTS

- What changed about your balance when things sped up today?
- How did you respond after your first shot miss? What did you notice?
- Describe one moment you stayed grounded before you acted.
- What helped you find your base? What pulled you out of it?
- Next time pressure builds, what do you want to feel in your body first?

PLAYER RESPONSES (SIMULATED)

- I felt myself rushing and kind of falling forward too much.
- After I missed, I got frustrated and wanted to fix it too fast.
- I stayed grounded one time when I caught it and paused before I shot.
- Breathing helped once, but I forgot it later when I felt rushed.
- I want to feel my feet strong and then breathe before I go next time.

PDP UPDATE

New Tags:

- Base instability under perceived pressure
- Emotional reactivity loop
- Needs embedded breath cue pre-shot

NEXT PRACTICE ADAPTATION

Drill: Breath → Set → Launch

Constraint: Player must audibly or internally cue breath and land in a wide base before shooting

Scaffold Tag: Refine → Adapt

Practice Context: Shooting block or decision start constraints under time pressure