

COLE HOLDEN – COACH'S DEVELOPMENT REPORT

Spring 2025 | 10U MPBC | Projected: 6'9"–7'0"

PROFILE:

High-IQ, emotionally layered player with a strong frame. Cole is the older brother of Max Holden (the inspiration for the program) and the son of the program's founder. He plays with a quiet intensity and processes deeply. Development must include technical, physical, and emotional support to help him own his game and identity.

ANCHORS (STRENGTHS):

- Advanced floor vision and passing feel
- Natural midrange shooting touch
- Strong build with elite long-term physical upside
- High coachability and emotional awareness

SHORT-TERM RATE LIMITERS:

1. Inconsistent Shooting Mechanics
 - Footwork, timing, and rhythm breakdowns
 - Use "Land to Launch" cue; reinforce consistent catch-to-shot flow
2. Lack of Physical Engagement / Motor
 - Underutilizes size; avoids contact
 - Implement "One Tough Touch" rule every session

MID-TERM RATE LIMITERS:

3. Overthinking in Live Play
 - Hesitation, delayed decisions
 - Use 0.5s constraint games, show film of fast vs. slow reps
4. Emotional Reactivity
 - Frustrates when not involved or successful
 - Build post-mistake reset cues; reinforce identity beyond scoring

LONG-TERM RATE LIMITERS:

5. Core Weakness / Stability
6. Identity Pressure (Coach's Kid / Max's Brother)
7. Quiet in Action (Needs verbal presence)

BUILDING BLOCKS BY TIMELINE:

- Short-Term: Repeat shot mechanics, physical contact, clean catch base
- Mid-Term: Pass after pressure, emotional regulation, 0.5 decision-making
- Long-Term: Big guard identity, contact as leadership, verbal leadership

TO DO'S:

- "Shoot it or Drive it" with 0.5 read rules
- "One Tough Touch" challenge per session
- Pass after pressure, not before
- Communicate 3x per live rep/game

This plan should be reviewed every 3–4 weeks and adjusted based on Cole's confidence, maturity, and visibility.