

VERSION 1: FULL IN-DEPTH DEVELOPMENT PLAN

SHAAN NAYAR – CLA DEVELOPMENTAL PROFILE

Spring 2025 | Ranney Varsity | Position: Scoring Guard / Secondary Creator

PLAYER SYSTEM SNAPSHOT

Shaan is a self-creating guard with strong rhythm, confident shotmaking, and the ability to generate his own looks in tight spaces. However, his system currently organizes around self-reliance, not advantage chaining. He scores in isolation but hasn't yet translated that gravity into consistent team-based outcomes. Defensively and vocally, his engagement varies—particularly when challenged emotionally or removed from the spotlight. The goal is to evolve Shaan's game from solo efficiency to system catalyst: a pressure-finisher who commands attention through voice, physical presence, and connective play.

MOVEMENT SYSTEM CHARACTERISTICS

- Confident rhythm mover in open space
 - Avoids contact in tight finishes (prefers float/fade)
 - Shows spatial feel on-ball, but disconnected off-ball
 - Suppresses verbal leadership, especially after mistakes
 - Responds emotionally to constraints or performance dips
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BEHAVIORAL ATTRACTORS

- Early-clock isolation pull-ups, even when rotated
 - Quiet body language after missed reads or calls
 - Defers rotation responsibility when help is needed
 - Plays “through” constraint rather than adapting to it
 - Scores first, adjusts later—even when game context shifts
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PRIMARY RATE LIMITERS

- Scores outside of rhythm—doesn't build flow for teammates
 - Finishing success drops in traffic; avoids contact
 - Off-ball effort is situational, not sustained
 - Verbal leadership absent; doesn't organize others
 - Emotional volatility when performance is disrupted
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CONSTRAINT-LED INTERVENTIONS

[All constraints are tagged by type: Task, Perceptual, Emotional, etc.]

1. “More or Score” – Decision Discipline (Tactical + Perceptual)
 - If an early advantage isn't confirmed by second dribble, move it

- Reward connects and skips over solo finishes
- 2. “Inside the Body Finish” – Contact Tolerance (Task + Physical)
 - All finishes must show body-to-body initiation
 - No off-foot or glide finishes in traffic reps
- 3. “Voice Before Motion” – Command Activation (Social + Tactical)
 - Initiate every action with a call (coverage, cut, or drag)
 - Teammates hold movement until triggered by voice
- 4. “Verbal Reset Protocol” – Emotional Regulation (Emotional + Temporal)
 - After error: breath + name call = resume live play
 - Reinforces composure loop and resets tension response
- 5. “Pass to Stay” – Connectivity Training (Team + Decision)
 - Must create a 2-pass action before initiating shot
 - Encourages connective touches, collapses defense

LONG-TERM SYSTEM TARGETS

- Convert scoring ability into consistent advantage extension
- Lead vocally in live play and between possessions
- Finish through contact, not around it
- Sustain defensive integrity regardless of on-ball assignment
- Reframe constraint as an elite development tool

KEY DESIGN RULES

- Touch the paint, then touch a teammate
- Contact is a tool, not a tax
- Voice commands pace and clarity
- A system player earns more gravity than an iso scorer
- Control emotion by scripting recovery cues

VERSION 2: COACH'S DEVELOPMENT PLAN

SHAAN NAYAR – COACH'S DEVELOPMENT PLAN

MPBC Varsity | Spring 2025 | Position: Scoring Guard / Secondary Creator

PLAYER SNAPSHOT

Shaan is a confident shotmaker and one-on-one threat who can create separation with ease. His scoring gravity is real, but his decision-making doesn't yet elevate others consistently. He fades from engagement—verbally and defensively—when challenged, especially when the ball isn't in his hands. Our developmental arc will help him transform from a high-usage scorer to a high-impact connector, capable of extending advantages and leading under pressure.

STRENGTHS

- Confident midrange and pull-up scorer
- Tight handle with change-of-pace control
- Solid space reader in isolation
- Shows flashes of vocal and emotional leadership

RATE LIMITERS + INTERVENTIONS

SHORT-TERM (0–2 Months)

- Isolation bias
- Constraint: “More or Score” – score only if team has touched
- Contact avoidance
- Constraint: “Inside the Body Finish” – contact point required on all finishing reps

MID-TERM (2–6 Months)

- Inconsistent vocal engagement
- Drill: “Voice Before Motion” – must call coverage before movement
- Emotional reactivity after mistakes
- Cue: “Verbal Reset Protocol” – breath + name before live rep

LONG-TERM (6+ Months)

- Low defensive accountability off-ball
- Film tags + rotation challenges; peer-reviewed coverage
- Missing system fluency
- Weekly review of 3 reads: flow, skip, or swing situations

DAILY / WEEKLY TO DO'S

- 1 contact finish per session (chest or shoulder-to-body)
- 3 vocal initiations during live play
- 1 film clip per week on rotation accountability
- 1 breakdown: “pass vs. shot” decision review
- Lead at least 1 rep reset or dead-ball organization per practice

VERSION 3: PLAYER PLAN (FAMILY-FACING SUMMARY)

SHAAN NAYAR – PLAYER PLAN
Spring 2025 | MPBC Varsity

WHO YOU ARE

You're a scorer—plain and simple. You have the tools to create space, hit tough shots, and take over possessions. What makes this season special is that we're asking more of you: not just buckets, but leadership. Not just skills, but system impact.

WHAT YOU DO WELL

- Create separation with the ball
 - Knock down midrange shots in rhythm
 - Compete and challenge defenders one-on-one
 - Read and react with fluidity
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WHAT WE'RE WORKING ON

1. Finish Through Contact
 - You've got the strength—use it. No more fading on finishes.
 2. Make the Team Better
 - Great scorers create space and connect the play. Start with two passes before you shoot.
 3. Use Your Voice to Lead
 - When you speak, others follow. Start owning that.
 4. Handle Frustration Like a Pro
 - One mistake isn't the end—reset and move.
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WEEKLY CHALLENGE

- 1 contact-based finish per game
- 3 plays where your pass led to an assist or rotation
- 3 vocal commands in live situations
- Watch one film clip where you led without scoring

SAMPLE PRACTICE PLAN

VARSITY PRACTICE PLAN – “KEEPING THE ADVANTAGE”

Total Time: 90 minutes

Team Layer: Layer 3 (Advantage Extension)

Featured Players: Shaan, Cole, Ben

Tracking Coach: Coach A

Scaffold: Refine → Adapt → Challenge → Compete

◆ BLOCK 1: IGNITION + BASE ACTIVATION (10 min)

Intent: Refine | Movement quality, verbal cueing, constraint priming

Time	Format	Player Constraints
0–5	Verbal Tag: 2v2 Split Tag w/ Recovery	Shaan: Voice Before Motion Ben: No Carry Cole: Cue teammates before tag pivot
5–10	Base + Balance Reactions (3-Cone into Closeout)	Shaan: Land clean, call action before move Ben: Feet Before Read enforced Cole: Talk is a Skill – teammates freeze until he cues next action

◆ BLOCK 2: CONSTRAINT-BASED 1V1 + 2V1 (15 min)

Intent: Refine–Adapt | Enforce individual constraints in high-speed reps

Time	Format	Player Constraints
10–18	1v1 Lane Line Live (start from backpedal → burst)	Shaan: Must pass or re-attack unless clear advantage (More or Score) Ben: Decision in 0.5s, feet loaded Cole: Only shoots with verbal cue + clean base
18–25	2v1 Trail + Pitch	Shaan: No shot unless teammate has touched Ben: Can't retreat dribble—must engage or pass Cole: Pop cue must be verbal or re-screen

◆ BLOCK 3: 3V3 ADVANTAGE EXTENSION (20 min)

Intent: Adapt | Sustain advantage through spatial and verbal fluency

Time	Format	Player Constraints
25–35	3v3 on Paint Touch (slot entry)	Shaan: Pass to Stay Ben: Decision in 0.5s or rotate Cole: Teammates freeze until he cues
35–45	3v3 Reset → Rebuild (after trap/stop)	Shaan: Verbal Reset Protocol Ben: Can't cross midline unless committed Cole: Shoulder Read Only

◆ BLOCK 4: CHAOS-BASED CONSTRAINT LAYERING (20 min)

Intent: Challenge | Real-time breakdown, recovery, and team coordination

Time	Format	Player Constraints
45–55	4v3 → 4v4 Live Recovery Drill	Shaan: Inside Body Finish Ben: Hit First Rule Cole: Only shoot if vocal anchor used
55–65	Coach Constraint Roulette (live calls)	Live coach constraints: e.g., 'Shaan: 2-pass rule', 'Ben: 0.5s', 'Cole: cue before cut'

◆ BLOCK 5: COMPETE – EMBEDDED REP ACCOUNTABILITY (15 min)

Intent: Compete | Track constraint adaptation and team outcome influence

Time	Format	Player Constraints
65–75	5v5 Games to 6 (Live Score = Consequence)	Shaan: Reset = breath + call Ben: No drift/carry Cole: Lead 1 action vocally + 1 physically

◆ BLOCK 6: DECOMPRESSION + REFLECTIVE INTEGRATION (15 min)

Intent: Reflect | Constraint review + carryover preparation

Time	Format	Player Constraints
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75-80	Shooting Ladder (Game-Style Shots)	<p>Cole: Trail pop 3s w/ verbal cue</p> <p>Ben: Land square before shot</p> <p>Shaan: Call 'one more' before C&S</p>
80-90	Reflection + Tag Review	<p>Each player identifies 1 rep where they kept or lost constraint</p> <p>Coach A scores 1-5 execution/recovery</p>