MPBC 4th Grade Practice Plan + Coach Log

# Practice Plan – April 17, 2025

Players: Cole, Andrew, Will, Ben, LJ, Tahj

Duration: 75 minutes

Theme: Control → Convert | Reinforce Fight For Your Feet (FFF), weak-hand development, and spacing discipline within increased player density.

## 1. Arrival + Intention Setting (5 min)

- Each player revisits their PDP constraint focus:  
 • Cole: Fight For Your Feet (FFF)  
 • Andrew: Right-hand attacks, pace modulation  
 • Will: Stride stop and weak-hand finishing  
 • Ben: Pressure handling, weak-hand finishing  
 • LJ: Off-hand development, controlled finishing  
- Shared expectation: execute with clarity, communicate consistently, and embrace repetition without repetition.

## 2. BDT Tune, Train, Test Shooting Block (20 min total)

TUNE:  
- Catch-and-shoot from 3 spots (wing, top, corner)  
- Footwork and rhythm emphasis  
 • Cole: FFF into every shot  
 • Andrew: Verbal cue calls, clear pivot landings  
 • Will: Full extension and controlled base  
 • Ben: Emphasize clean hand prep + ROB  
 • LJ: Must land balanced before every release  
  
TRAIN:  
- Cue-based decisions: Shoulder = shoot, Chest = drive  
- Constraint application by player  
  
TEST:  
- 2v1 or decision shooting  
- Shots only count if read and constraint are both met

## 3. Conquer the Court (1v0 Finishing – 30 min)

- Spots: Wing, Slot, Opposite Wing, Short Corner, Elbow  
- Sequence: Strong-hand → Weak-hand → Back pivot (all off stride stop)  
- Score called after each make; 3 clean reps per finish type before rotation  
- 3 missed verbal cues = 3 burpees  
- Coach ensures execution meets standard and players rotate efficiently

## 4. CTC Shoulder Game + Push/Pull Layer (15 min)

Round 1: Shoulder Game 1v1  
- Read contact: Shoulder = go, Chest = stride stop, fake, or kick  
- Defender changes based on read quality  
  
Round 2: Add +1 outlet in corner or slot  
- If cutoff, must push or pull and pass to +1  
- +1 has 3 seconds to Convert (Silver or better)  
  
Constraints layered by player:  
 • Cole: FFF on every shot  
 • Andrew: Must give live defensive callouts  
 • Will: Weak hand or stride stop only  
 • Ben: Finish through contact or pass on time  
 • LJ: Must finish with non-dominant or relocate after pass

## 5. Debrief (5 min)

Each player reflects:  
- “Where did I stay in my constraint today?”  
- “What’s one read I made under control?”  
- “What did I learn playing with more bodies on the floor?”

# Coach Log – April 17, 2025

## 1. Player Constraint Execution Summary

[Insert notes for each player post-practice. Example:]  
• Cole – FFF: ~50%, frustration appeared after misses. Focus on base.  
• Andrew – Right-hand: Honest effort, spacing improved but cuts too early.  
• Will – Weak-hand + stride stop: Showed growth, some defaulting late.  
• Ben – Finishing control: Stayed in constraint ~60%.  
• LJ – Off-hand work: Responsive but rushed under contact.

## 2. System Objectives Fidelity

• PDP Constraints: Fidelity varied across energy levels.  
• Push/Pull Recognition: Better with coach help triggers.  
• Shoulder Game Reads: More realistic with spacing pressure.  
• Floor is Lava: Harder with 6; spacing drifted under pressure.  
• Shot Development: Coordination + balance still needs reps.

## 3. Emerging Patterns / Trends

- Repetition without repetition created new challenges for returning players.  
- Increased player count forced faster decisions, more spacing violations.  
- Some new spacing patterns emerged naturally under pressure.

## 4. Player Quotes or Emotional Insights

[Insert key quotes or moments tied to constraint engagement or mindset.]

## 5. Next Practice Priorities

- Reinforce Lava spacing visually  
- Add decision timer to +1 actions  
- Transition to layered reads (help + recover)  
- Begin layering backdoor reads based on overhelp